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Public to pay for phase-out

COAL

Energy expert says government move could cost consumers up to $1B

Jeremy Simes
For Metro | Calgary

Albertans can expect to pay more for electricity when renewable projects roll out, but by how much has yet to be determined.

Earlier this month, TransCanada terminated three Alberta coal deals, citing costs associated with carbon-dioxide emissions from the plants have risen and are forecast to increase, given the NDP government's plans to impose a carbon tax.

> **If prices were high, they wouldn't have terminated these contracts.** Blake Shaffer

But the plants won't shut down right away — the government said its provincial agency, the Balance Pool, bought the agreements and will transition them to the competition.

But by assuming these "negative" contracts, the Balance Pool will see its overall assets erode, said energy expert Blake Shaffer, adding the transfer could cost the public up to $1 billion.

"If prices were high, they wouldn't have terminated these contracts," he said. "So you have to ask yourself, 'Would you prefer high prices and no termination cost or low prices and sharing a little bit of the termination costs? For consumers, it's arguably better to have the latter one."

Angela Anderson, External Relations Advisor at the Alberta Electric System Operator (AESO), said the current price of electricity is at historic lows

"In the meantime, the prices are going to stay low — we have a ton of generation in the system," she said. "That being said we expect there will be an increase overtime.

She couldn't say by how much the cost would increase.

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Brussels police, far-right mob clash at attacks shrine. **World**

Mudbloods fly to national Quidditch championships

SPORT

University team aims to snatch snitch before other Muggles

Aaron Chatha
Metro | Calgary

Bludgers at the ready — the University of Calgary Mudbloods Quidditch team are heading to the national championships in Kingston, Ont.

The full-contact sport, based on the game from J.K Rowling's Harry Potter books, doesn't see players rising to the air, but it does keep the broomsticks.

"It's the same idea as the handicap in basketball where you can't run with the ball, or how you can't pick up the ball with your hands in soccer," said Chaser Captain Rachel Malone.

The game is still played very similar to the books.

Beaters throw bludgers, or in this case dodgeballs, to knock out players and cause them to drop whatever ball they're holding until they can return to the game.

Keepers are the goaltenders, chasers are scoring, and then there's the elusive snitch, which will end the game if caught by a seeker and give that team 30 points.

The Calgary Mudbloods chase down the golden snitch while fending off the Alberta Clippers. COURTESY ALICIA MILLS

In this case, the snitch is a person in special golden shorts, who has a tennis ball in a sock attached with Velcro to their back. The snitch is released 17 minutes into the game.

"It's fun. It's unlike any sport you'll ever play because there are basically three games happening at once," said Malone.

"You go back and play soccer and it's like, wait, there's only one ball. This isn't that complicated."

But for Malone, the real magic in Quidditch comes from the inclusiveness of the sport.

Only four people that identify as the same gender can be on the pitch at a time, and the rules respect the gender individual players identify with.

"We want diversity," said Malone.

"We want to welcome as many people as we can into this sport."

Quidditch itself is a growing sport in Calgary — in addition to the Mudbloods, there is a community team called the Calgary Kelpies. Both teams practise on Sundays, usually at the U of C, where the public is welcome to watch.

The Mudbloods will face off against 14 other Canadian teams in Kingston on April 2.

IN BRIEF

Alcohol suspected in Sunday fatality: Police

One man is dead and another in custody after a multi-vehicle crash on Glenmore Trail Sunday afternoon. Stuart Brideaux of Calgary EMS said at least three vehicles were involved in the collision. A man in his 60s was declared dead at the scene. A man and a woman were both taken to Foothills Hospital in serious condition. Another couple in were in hospital in stable, non-life-threatening condition. One person did not require medical treatment but was taken into custody for a breath sample. The man later complained of a foot injury and was taken to hospital. A CPS spokesperson said they would need to get a blood warrant to determine if the man was impaired. METRO STAFF

Teen struck by car

A 17-year-old female was taken to hospital after being struck by a car in Calgary's northeast. Paramedics arrived at the scene on Sunday morning just before 9 a.m. on Temple Drive, near 52 St. NE and took her to Foothills Hospital in serious, but stable condition, with head and leg injuries, as well as other soft tissue injuries. There were no other reports of patients or injuries at the scene. Calgary Police are looking into the factors that led to the incident. METRO STAFF

Students seem to be reluctant to acquire free naloxone kits

FENTANYL

University makes antidote to lethal opioid freely available

Jeremy Simes
For Metro | Calgary

Dirk Chisholm hopes he never has to give a shot of naloxone to an overdosing student on campus, but he's readily equipped if need be.

Chisholm, who's part of an EMT certified group of University of Calgary students that assist in on campus medical calls, said the group has recently been given naloxone to combat on campus overdoses. Naloxone is an antidote that can reverse fentanyl overdoses.

"I think it's quite important we have the kits," he said. "It's not an issue unique to campus by any means — it seems to be quite an epidemic, so if something were to occur we're quite equipped to handle that."

In fact, the kits were made available to the U of C in February, but no students have acquired one.

Debbie Bruckner, senior director of access and support with student wellness, said it's been difficult to encourage at-risk students to come forward and get a kit.

"There's some stigma and reluctance, despite the fact that it's confidential," she said.

It's still important, though, for the campus to have naloxone available, she added.

"The demographic — young adults — are the age group that is most at risk for using party drugs," she said.

Like the U of C, Mount Royal University security staff also received about a dozen kits, in case overdosing events occur.

So far, MRU security hasn't administered naloxone, but MRU's Francesca Simon said she hopes at-risk students seek out a kit due to fentanyl's deadly effect.

"I hope there's no need for students to get a naloxone kit, but that perhaps doesn't fall in line with what we're hearing in the news," said Simon, who's the mental health nurse coordinator with the Wellness Centre.

More than 270 Albertans died from fentanyl overdoses last year — more than double the 2014 death toll. Of that number, 81 Calgarians died.

Simon said MRU nursing staff at the Wellness Centre will soon be trained to offer kits so they're available on campus.

The naloxone kits will be available at no charge for addicts at high risk of opioid overdose, if they're registered with an Alberta health-care insurance plan and have a valid personal health number.

> **I hope there's no need for students to get a naloxone kit, but that perhaps doesn't fall in line with what we're hearing in the news.** Francesca Simon

Debbie Bruckner with the U of C says it's been difficult to encourage at-risk students to get a naloxone kit. JENNIFER FRIESEN/FOR METRO

HEALTH

Provincial ward can't be tested for FASD despite symptoms

An Alberta aunt believes her niece J has FASD, but she can't get the child tested for it. CONTRIBUTED

Rita just wants proper care for her niece who's likely suffering from fetal alcohol spectrum disorder (FASD), but she's unable to get the young girl tested.

Rita — who Metro won't identify as her niece, J, is a ward of the government — said she can't get an FASD test from Alberta Health Services because J's mom didn't disclose she was using drugs and alcohol while pregnant.

But Rita said all the signs of FASD are there, according to what a school psychologist told her.

"The psychologist strongly recommended that we had her tested for fetal alcohol syndrome because she has all the signs and symptoms of it," she said. "They refuse to test her and I am in shock that this is what happens."

According to Alberta Health Services (AHS), J isn't eligible for a test because maternal alcohol use during pregnancy wasn't confirmed.

"Children with FASD have complex developmental and behavioural characteristics and may present in similar ways as children with other diagnosis," the health authority said in a statement. "Therefore, documented evidence of prenatal alcohol exposure must be present for a diagnosis."

Rita said J was apprehended when she turned 4 months and returned to the parents at one year old, when social workers determined her mom was using. Rita received J when she turned 5. She said J's mom can sue if J is diagnosed without the declaration.

> **She has a right and deserves to be able to get the right care and function properly when she becomes an adult.** Rita

Rita, who has full custody of J, believes J's mom was using while pregnant but, paperwork on the child leaves the question unknown.

The problem, Rita said, is J won't be getting the proper care because there's no official diagnosis.

"There's nothing else we can do," she said. "Can you imagine the number of kids and adults out there who are suffering from this out there but could never get the diagnosis because of this requirement?"

And without an FASD diagnosis, Rita will have to foot some hefty respite bills — if she doesn't get J tested for FASD it'll cost her $34 per hour.

"She has a right and deserves to be able to get the right care and function properly when she becomes an adult."

JEREMY SIMES/FOR METRO

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Woman alleges assault in ward

SOUTH HEALTH CAMPUS

Stay in mental ward left emotional scars, says V.W.

Jeremy Simes
For Metro | Calgary

V.W. remains haunted by the pain she endured during her brief stay at the mental health ward in a southern Calgary hospital.

Though the Calgary Police Service (CPS) won't confirm the location, officers and Alberta Health Services (AHS) are investigating assault allegations that occurred at the South Health Campus (SHC), according to AHS and the alleged victim.

V.W. — who requested to remain anonymous — was arrested by police on March 8 under a Form 10, which lets police arrest people who they consider suicidal.

V.W. alleges she was assaulted by security guards at the South Health Campus.
JEREMY SIMES/FOR METRO

"I made comments to my friend that I was feeling depressed, but he freaked out and called the police," V.W. said. "I was compliant and nothing happened — they were really great."

But everything worsened when she was placed into the Mental Health Ward at SHC, where she sat in a room she describes as a prison cell.

That's just the beginning — after the strip search, she said two guards grabbed her arms, dragging her to one of the rooms.

"Both of them easily had 100 pounds on me," she said. "They were huge."

When she tried to regain her footing, one of her feet accidentally hooked around one of the guard's legs.

"He said I was assaulting him," she alleged. "He threw me onto the mattress holding my arms in every direction. I was face first, screaming, 'I can't breathe,' and the bigger of the two told me, 'If you can talk you can breathe.'"

V.W. said she fought back slightly, managing to turn her head around to take much needed gulps of air, again screaming.

> **I don't know what would've happened if someone didn't come in.**
> V.W.

"He said, 'Maybe you shouldn't have assaulted me then,'" she recalled. "He pushed my face right back into the mattress."

She said she remembers someone – possibly a nurse – entering the room, telling the guards to get off her.

"I don't know what would've happened if someone didn't come in," she said. "I could've blacked out."

V.W. stayed in the ward for a few more hours before she was given the OK to go. She suffered bruises on her back, friction burns and tendon damage.

The worst of it, though, was the psychological pain that followed.

"When I passed guards at a mall the other day I felt apprehensive," she said.

She sought an apology from the guards, but was told they can use as much force as they deem necessary.

"That's just unacceptable," she said. "Their first line of defence was to get aggressive and I'm not a very big person at all. It was a big nightmare for no reason," she said.

She doesn't have high hopes anything will come from the investigation, but hopes the guards get the proper education to deal with mental health patients.

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MENTAL HEALTH

Calgarian launches an app to help people talk about illness

Aaron Chatha
Metro | Calgary

For those who shy away from talking to a friend, or even a doctor, about mental health issues, a new Calgary-developed phone app is aiming to make it easier.

FOVEOCARE is a social network that gives people struggling with mental health issues a safe, anonymous place to chat. People can express themselves through notes, drawing and audio recordings, among a group that is experiencing the same stresses and challenges.

"It's less intimidating because the user chooses how to engage with the app and not the other way around," said founder Daman Parmar.

The app allows users to select from a number of categories such as abuse, addiction, sexuality and religion, to best find other people in a similar situation.

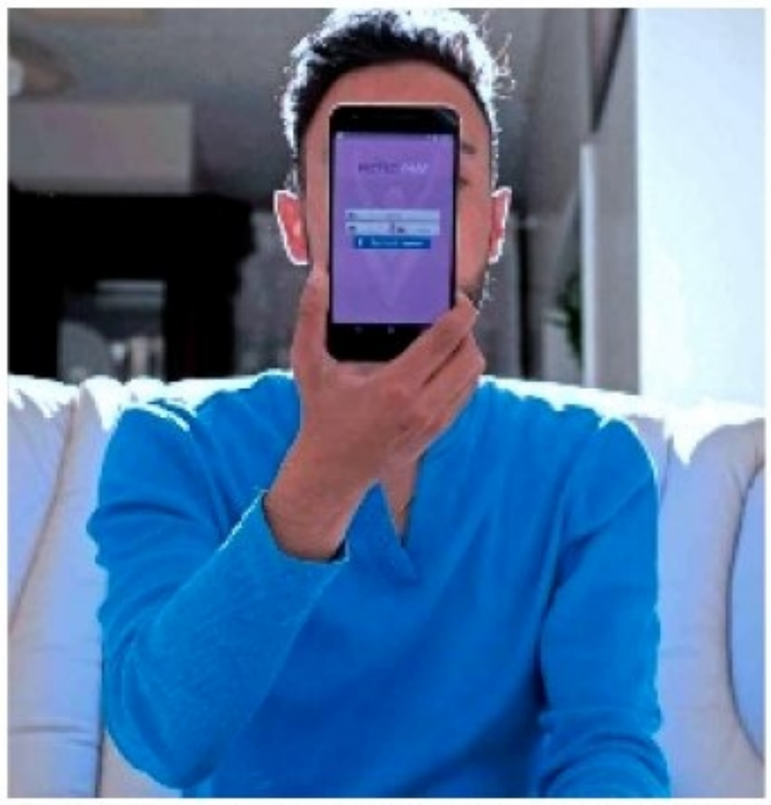
Parmar said he wanted to create an app that was free and accessible to Calgarians, considering a large number of people dealing with depression do not seek professional help.

"The biggest barrier is the stigma attached to it," said Parmar. "People are afraid of what other people are going to say."

Since the app launched last week, Parmar said he's seen engagement from users not only in Canada, but also from the U.S., Mexico, India and more.

The app is currently available on Android devices, but he hopes to release an iPhone version in the coming weeks.

For more information, visit foveocare.com.



The FOVEOCARE app allows people to talk about mental health while remaining anonymous. KENNETH APPLEBY/FOR METRO

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Drive aims to end period stigma

FEMININE HYGIENE

Campaign shines light on homeless women's issues

Stephanie Joe
For Metro | Calgary

Though periods are seen as a taboo subject, a University of Calgary student has been holding a month-long drive to get people to donate to homeless women.

Sharleen Nijjar, a volunteer for the Women's Resource Centre at U of C, is holding the drive for people to donate period products that will go to homeless women.

"I want to raise awareness about the topic and the fact that a lot of times we donate food, but sometimes we don't think about donating feminine hygiene products or toiletries," she said. "I'm just hoping to bring awareness that more products like these are needed."

Brittany Carlyon, pictured at the U of C Women's Resource Centre, will be speaking to raise awareness about the unique struggles impoverished females face. KENNETH APPLEBY/METRO

Brittany Carlyon, a fourth year sociology student at U of C, says that while some women may not live on the streets, they have to make a choice that no woman should ever have to make.

"Some women have to choose between either buying food or buying their feminine hygiene products," said Carlyon. "I just don't think that women should be forced to have to choose."

Even though it does affect women directly, Carlyon says that this is not just a women's issue and that men should get involved to "de-stigmatize" periods.

"There's this huge taboo about talking about women's periods and how it's dirty or gross or it's private," said Carlyon. "I don't think it should be a private issue anymore."

Annette Tezli, sessional instructor in the department of sociology at U of C, says that there is still so much stigma and shame associated with periods.

"It is very difficult to have those conversations and generally speaking it's often difficult for women," said Tezli. "They are too afraid or too ashamed to ask shelter staff for tampons or pads. It's not like they are freely available."

Both Carlyon and Tezli are holding a discussion at the Women's Resource Centre, located at U of C, at 10 a.m. on March 28 about the struggles that women and girls face while experiencing homelessness.

Period products will be accepted until the end of the month. Items can be dropped off at the Women's Resource Centre.

DONATIONS

As part of the campaign, a discussion on homeless women's issues will be held at the University of Calgary Women's Resource Centre at 10 a.m. on Monday, March 28.

Feminine hygiene and period product donations will be accepted until the end of the month. Items can be dropped off at the Women's Resource Centre.

STEPHANIE JOE/FOR METRO

> "I don't think it should be a private issue anymore."
> Brittany Carlyon

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SPORTS

Equipment bank gets kids on the ice

Kenneth Appleby
For Metro | Calgary

A different kind of bank pays it forward to get kids playing sports and not being weighted down by financial restrictions.

Comrie's Sports Equipment Bank is a non-profit sports gear warehouse that helps low-income families get outfitted.

"We're breaking down the barrier between kids and sports, with an angle of poverty relief," said Russell Gillespie, general manager of the equipment bank.

He also said it's important for kids to be involved in sports for physical and mental health reasons.

"Our mandate is get kids into gear," he said.

Gillespie said Comrie's main focus is towards hockey gear, due to it being a gear intensive sport, but they supply other sport equipment as well.

For a child to receive gear from Comrie's, a family must fill out a KidSport application. If the family does qualify for aid they are then referred to Comrie's Equipment Bank.

The bank was started in the summer of 2014. Gillespie was hired at that time.

After getting the warehouse ready for most of the summer, they outfitted their first patron with gear on August 21, 2016.

Though Gillespie and one other employee work there, a big part of the equipment bank is volunteer run.

"We are totally reliant on volunteers. We've got about 30 volunteers at this point," said Gillespie.

In the future, Gillespie hopes to see the bank expand further into southern Alta., and have since partnered with Sports Central based in Edmonton Alta..

Calgary entrepreneur James Belcher was one of the first to support LendR where startups can crowd-source loans.
KENNETH APPLEBY / FOR METRO

Startups get new way to raise money

FUNDING

ATB LendR lets Albertans give loans to new businesses

Aaron Chatha
Metro | Calgary

Alberta entrepreneurs now have a new way to crowd-source funding for new projects.

On the heels of their Alberta BoostR program — which allowed businesses to raise money by giving rewards for donations — ATB Financial has launched the ATB LendR program.

Unlike BoostR, with LendR Albertans aren't donating money in exchange for a reward. Instead they're giving loans, with the hope that loan will one day be repaid with interest.

"If you believe in the idea, the strategy or want to support a business in your community, this is an opportunity to put your money where your mouth is and support," said Wellington Holbrook, ATB's vice president, business.

Once an entrepreneur reaches half of its funding goal, ATB will provide the remaining half, completing the loan. ATB will also collect payments and distribute it back to LendRs.

Calgary entrepreneur James Belcher was one of the first to sign onto the program as a founding LendR, looking for business to contribute to.

"Being an entrepreneur myself, I know the struggles — the knocking on doors and hearing quite a few 'no's' before you get someone who is committed," he said.

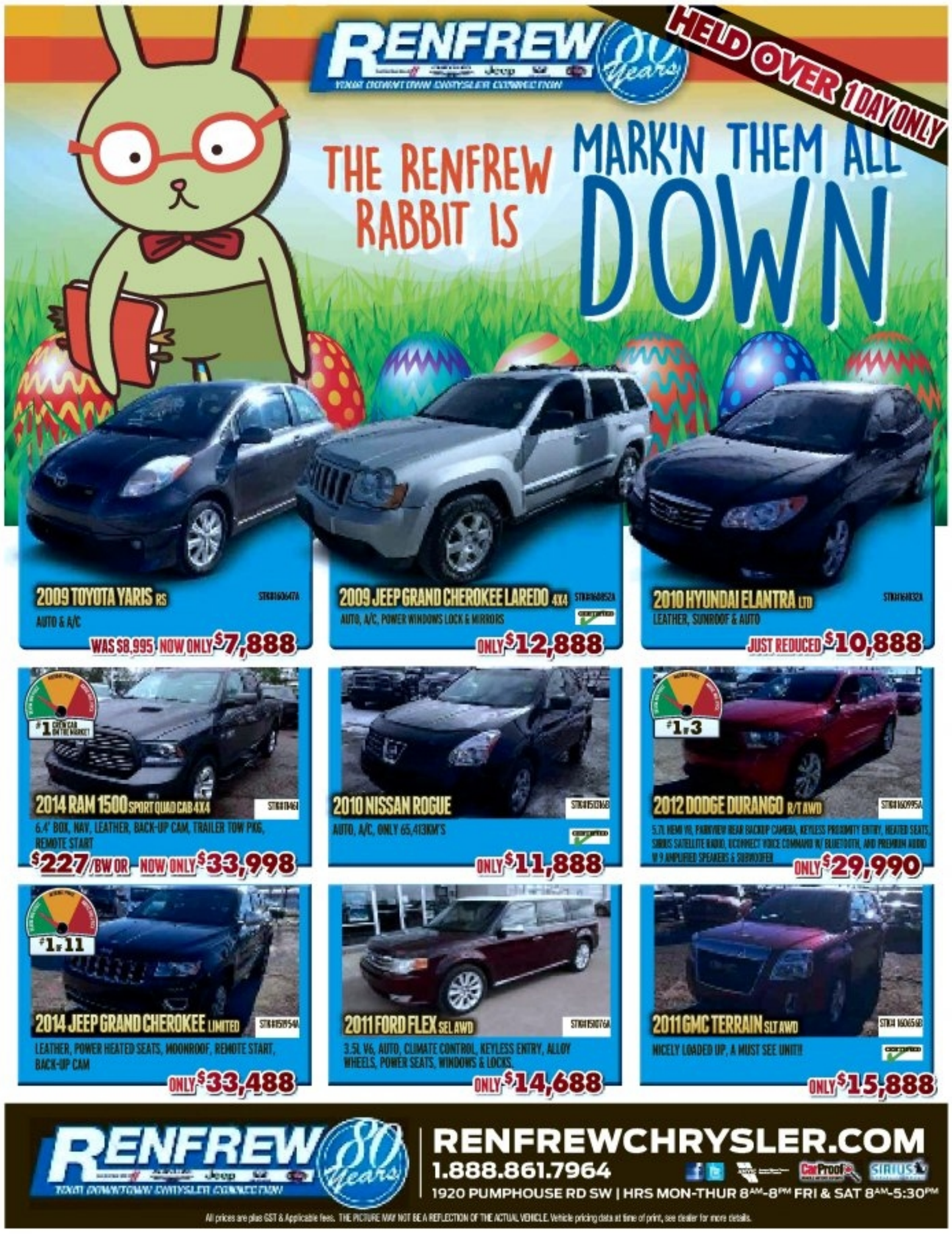
Belcher is launching a global street food restaurant on Calgary called Paper ST, with menu inspirations from southeast Asia, where he was born, and more.

Belcher said the program will be great in helping Calgarians realize their dreams and goals, and helping the economy diversify.

"I'm not in the oil patch, but Alberta has really been driven by that and relied on it for a long time," he said. "Now we really see that handicap of that reliance, when things go sour."

Holbrook said he expects to see a lot more businesses formed in the next two years as people who have been dislocated by the economy find new ways to grow.

For more information visit www.atblendr.ca.



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Economic worries growing

While Albertans are pleased with the quality of their green spaces, the cost of living and strength of the province's economy weigh heavy on their minds. Here's a look at the level of satisfaction across Alberta.

Brodie Thomas
Metro | Calgary

Ryan Tumilty
Metro | Edmonton

Calgarians and Edmontonians are both pretty satisfied with quality of life, but concerns about the economy are playing heavily on their thoughts.

A poll conducted exclusively for Metro by Think HQ Public Affairs showed Calgarians put their satisfaction with their quality of life at 6.8 on a scale out of 10 with Edmontonians close behind at 6.6 per cent.

Marc Henry, Think HQ's president said that's a sign even in these tough economic times that most people are content.

"People in both cities are pretty happy with the quality of life they have," he said.

Residents of both cities rated their parks and open spaces high, as well as seeing their cities as welcoming, vibrant places with lots to do, but were concerned about the economy.

The major difference between the two cities is on the economy. Calgarians rated the strength of their economy as a 4.4 out of 10 and gave the affordability of their city as a 4.3 out of 10.

Edmontonians were a little more positive putting their economy at a 5.1 and the affordability of their city at a 5.7.

Henry said Calgary has definitely been hit harder by the economic downturn and the city has always been a less affordable place to live than Edmonton.

He said neither city is going to see a major improvement until things turn around.

Ward 6 Coun. Richard Pootmans said he's happy to see that Calgarians suggested they felt safe in their community, as compared with Edmonton, noting the police service is one of the largest portions of the city budget.

As for city responsibilities, Pootmans said the poll confirms for him the track council is taking during the downturn.

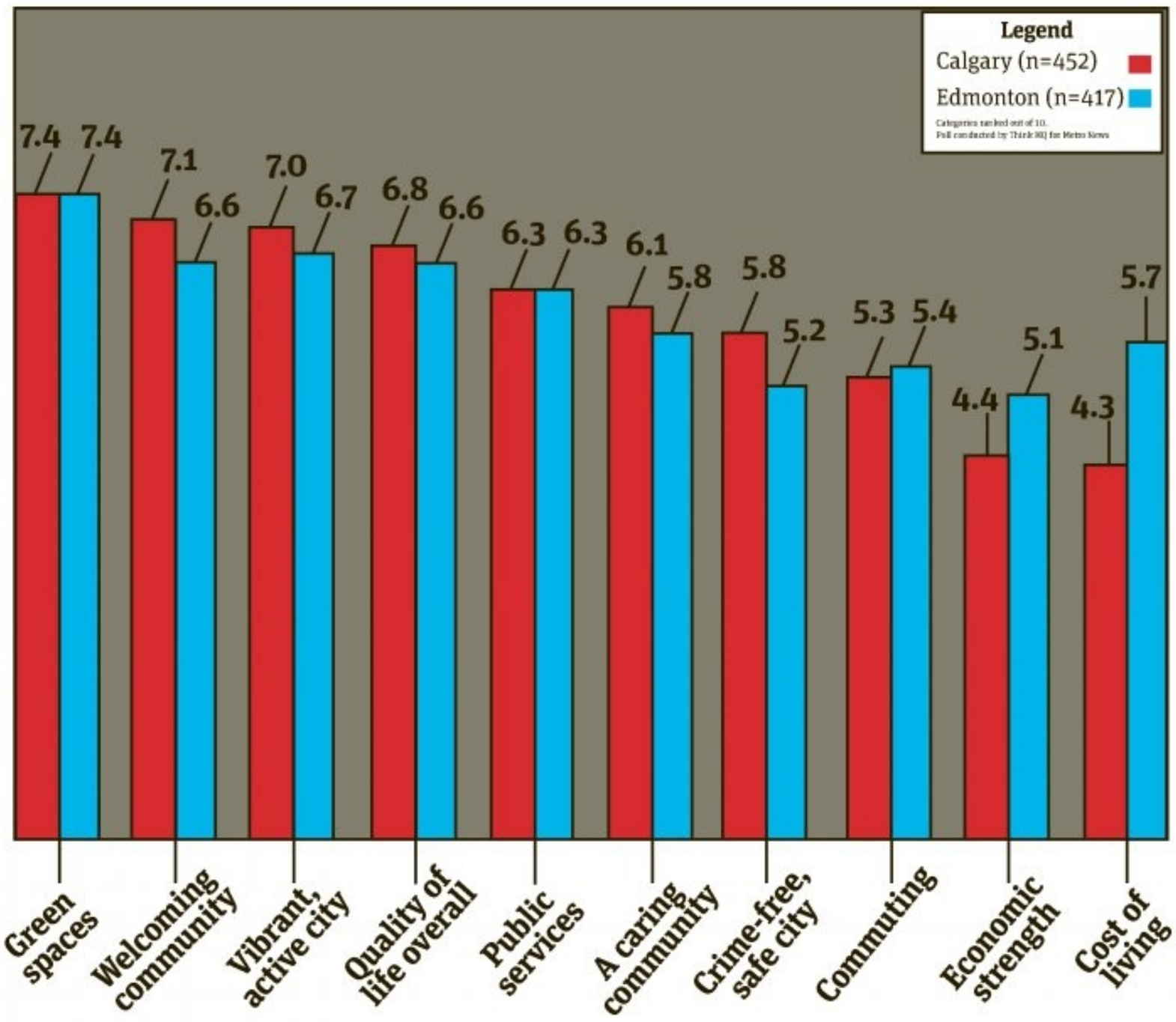
"I think it reaffirms for me that the investments we're considering making to provide some stimulus to the economy with capital projects — I think we're on the right track," he said.

He noted that a dollar spent in municipal infrastructure multiplies seven to 10 times in the local economy through spinoffs.

"It's good to do that work now at a time when costs will be lower, and get that work done at a time when it can help stimulate jobs," he said.

The online survey utilizes a representative but non-random sample, therefore margin of error is not applicable. However, a probability sample of this size would yield a margin of error of +/- 4.8 percentage points at a 95 per cent confidence interval in Edmonton and +/- 4.6 in Calgary.

To join the Voice of Alberta Panel, visit voiceofalberta.com.



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Dominic Shaw, a member of the Calgary Stingers, cringes after missing the puck during a sledge hockey game in Calgary on Sunday. The city of Calgary hosted the 2016 Western Canadian Sledge Hockey tournament. KENNETH APPLEBY/FOR METRO

'Only difference is the equipment'

SPORTS

Sledge hockey the same game at its heart, says organizer

Stephanie Joe
For Metro

It is not a sport for the faint-of-heart.

The 2016 Western Canadian Sledge Hockey Tournament was held over Easter Weekend at the Markin MacPhail Centre.

With three divisions, 16 teams and 240 players in western Canada, Calgary Sledge Hockey offers the sport to everybody.

Dominic Shaw, the president of the Calgary Sledge Hockey Association and a member of Calgary's intermediate sledge hockey team — the Stingers — says that everyone is welcome to play, whether they are disabled or able bodied.

He hopes that people look at the sport the same way that they regard regular hockey.

"The only difference is the equipment that they use," said Shaw.

"It's not about disability, it's about this true old-fashioned roman gladiator competitiveness – it's the true nature of the sport."

> **We're all equal when we're on the ice.**
> Dominic Shaw, president of the Calgary Sledge Hockey Association

Steven Lang, who plays defence for the Scorpions — Calgary's senior team — said that he saw a poster for a demo day three years ago and decided to give sledge hockey a try.

He's been in love with the sport ever since.

"We're all equal when we're on the ice," said Lang. "Able bodied, disabled — it doesn't matter."

Like Shaw, one thing that Lang said he wishes people would take away from the sport is the realization that sledge hockey is just as competitive as regular hockey.

"People with disabilities aren't all that different," he said.

"They're people just like us and they have passion," he added. "I think everyone should try a disabled sport at least once."

A player from the Calgary Scorpions cries out in disappointment after missing the net on a break away during a sledge hockey game Sunday. KENNETH APPLEBY/FOR METRO

WE ASKED YOU

How does sledge hockey inspire you?

PHOTOS: KENNETH APPLEBY/FOR METRO

When I'm on the ice, I feel like I'm no longer different from other people. I feel like I'm at an advantage.

Mike Machuk, 36, plays for Calgary and for Team Canada

I play myself. I started when I was eight and there's a freedom with going on the ice and being able to play a sport and it gives you a good feeling when you're involved in something that's competitive and fast.

Micah Kavacevich, 18, plays for Edmonton Impact

It's good to see children with disabilities play in what was typically an able-bodied sport.

Jacquie Kolm, 42, spectator

My son is playing for the gold medal so that's very inspiring and it's good to see the kids out having so much fun.

Brenda Dehaan, 61, parent

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Calgary Heroes: Field of Dreams

NEWCOMERS

'If you build it, they will come' says man aiding Syrian refugees

Jennifer Friesen
For Metro

Sam Nammoura said that he never expected to see his grassroots organization grow to be able to help all the refugees it has.
JENNIFER FRIESEN / FOR METRO

Everything changed for Sam Nammoura on September 2, 2015.

Like millions of others, he woke to find the news saturated with an image of three-year-old Aylan Kurdi's body washed up on a Turkish beach. The toddler and his family were fleeing war-torn Syria, in search of sanctuary, and the photo of the aftermath was shared globally.

"I don't know what happened, but from that day, I've been going non-stop," said Nammoura. "I was born in Syria, so the death wasn't really a shock for me, but I said 'enough is enough.'"

Soon after, Nammoura started the Syrian Refugee Support Group Calgary with two partners he met at a vigil for Kurdi. The organization collects donations of household items for the refugees to start their lives with – from food hampers to bed frames to clothing – and helps them practice English, get around town and find housing.

Citing the '90s movie, Field of Dreams, Nammoura said, "If you build it, they will come."

Since December, approximately 1,500 refugees come to the organization for help, and 350 volunteers have offered their time.

"I think we are just the echo of a city that wanted to help," he said.

"We always do something and expect something else in return, but not here – people just want to do it. There is no reward, they do this out of compassion, and that keeps you going because you really see what these people are getting from it."

Nammoura came to Canada in 1997 "with lots of hopes and lots of dreams" and the plan to build a business.

Out of his 12 siblings, he is the only one to make it to Canada. Three remain in Damascus and the rest are refugees in Europe.

"The whole family is shattered," he told Metro on Saturday.

"As we speak, today, my family in Damascus is under siege, and they have been for eight days. I can't do anything, and nobody else can. So maybe we learn how to live with those emotions by helping someone that's already here. If you can't help your own family, you can help someone else's."

Nammoura runs his own security business by day, and dedicates all his spare time to the Syrian Refugee Support Group.

Fellow volunteers at their 5,000 square-foot warehouse describe Nammoura as tireless, adding that he works all hours of the night and will never abandon those in need.

"I want to help and I want to make things better for the Syrians coming here," he said.

"But it starts to go beyond that. This is Canada, this is Calgary, this is our community. This country gave me so much – it allowed me to be myself and accomplish all my goals and dreams. This is my way to give back to Canada."

SUPPORT BY THE NUMBERS

Syrian Refugee Support group still growing

1,400 Syrian refugees have arrived in Calgary since November, 2015.

The Syrian Refugee Support Group Calgary offers help to any refugee in need, and so far, over 350 volunteers have offered their time.

To date, an estimated 1,500 refugees have received help from the organization.

Approximately 25 people volunteer for the organization every single day.

Sam Nammoura, founder of the group, is one of those volunteers. "I want to help and I want to make things better for the Syrians coming here," he said. "This is my way to give back to Canada."

TRUE HEROES

Nominate your own community leader

To nominate someone as a Calgary Hero, send an email to calletters@metronews.ca

> Maybe we learn how to live with those emotions by helping someone that's already here. If you can't help your own family, you can help someone else's.
> Sam Nammoura

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Directives given to CSIS kept secret

SECURITY

Civil liberties group slams spy agency's lack of transparency

The federal government has issued guidance to Canada's spy agency on using contentious new anti-terrorism laws — but most of the instructions won't be made public.

Many passages of the ministerial direction to the Canadian Security Intelligence Service, issued last July, were withheld from release due to provisions of the Access to Information Act concerning security, internal deliberations and cabinet confidences.

The office of Public Safety Minister Ralph Goodale said ministerial offices are not involved in the processing of access requests, nor should they be.

But the federal decision to keep much of the ministerial direction under wraps did nothing to reassure those with concerns about C-51, the omnibus security bill that received royal assent early last summer.

The legislation gave CSIS the power to actively disrupt suspected terrorist plots, even allowing the spy service to take actions that breach the Charter of Rights and Freedoms as long as a judge approves.

> One of our greatest concerns with C-51 is that CSIS has been given extraordinary new powers.
> Josh Paterson, executive director of the British Columbia Civil Liberties Association

"One of our greatest concerns with C-51 is that CSIS has been given extraordinary new powers, including the power to break the law and violate the Constitution," said Josh Paterson, executive director of the British Columbia Civil Liberties Association.

"While some details need to remain secret, it's troubling that so much of the minister's high-level, general direction to CSIS on how the agency should interpret its new powers is blacked out. The government should be more transparent about the direction it is giving our spy agencies as to how they should be accountable."

While the public safety minister does not dictate day-to-day decisions by CSIS, he periodically issues written directions to the spy agency that broadly guide its actions.

THE CANADIAN PRESS

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Geographer David Duffus and his team at UVic's Whale Research Lab launched a two-metre underwater drone.
CONTRIBUTED/UNIVERSITY OF VICTORIA

SUBSEA RESEARCH

Underwater glider launched off B.C.

Matt Kieltyka
Metro | Vancouver

University of Victoria researchers hope to have a whale of a tale on their hands when their unmanned, subsea glider returns from the depths next month.

Geographer David Duffus and his team at UVic's Whale Research Lab launched a two-metre underwater drone off the western coast of Vancouver Island last week and sent it on a 23-day mission along the shelf break in Clayoquot Canyon to give scientists a rare glimpse into the behaviour and habitat of the region's whales.

"We really don't know much about the lives of whales," Duffus told Metro. "This will give us a snapshot of the animals, what they're feeding on and what their habitat is like. It's really poorly understood, especially further off the coast of B.C."

The glider, which is on a preprogrammed route and reports back every few hours, is equipped with acoustic sensors, sonar and hydrophones that will allow researchers to identify whales and their movement by sound.

Several species of large baleen whales, such as humpback, sei and blue, are expected to show up in the data.

Duffus even hopes the glider will come across a rarity in these waters, the Pacific right whale.

"Some of the species we hope to find out there are endangered," he said.

While this is the first mission of its kind in British Columbia, others off the East Coast — as part of the national WHaLE (Whales, Habitat and Listening Experiment) project — have proven successful in conservation efforts for the endangered north Atlantic right whale.

Ice Patrol to honour Titanic victims

HISTORY

International group gathers to pay respect to 120 dead

Members of an international ice patrol that formed as a result of the sinking of the Titanic will be in Halifax this week for a ceremony to commemorate the more than 1,500 people who died in the disaster.

United States Coast Guard Cmdr. Gabrielle McGrath says the memorial will recognize the long history of the International Ice Patrol, which was established after the Titanic struck an iceberg and sank in the Atlantic Ocean in April 1912.

"It's why we do what we do, so that's why we find it so important," said McGrath in a phone interview.

"It's very important to us to remember those people that perished and the fact that that's why we're here doing what we do and really making sure it never happens again."

McGrath, who is commander of the Connecticut-based International Ice Patrol, says the memorial will take place on Wednesday at the Fairview Lawn Cemetery in Halifax, the final resting place of about 120 of the Titanic's passengers and crew.

She said a local priest will bless four wreaths that will be placed on the graves. The wreaths will then travel to the area of the sinking on Thursday, where they will be airdropped into ocean, said McGrath. Following the sinking of the Titanic, the international community came together to ensure the safety of vessels travelling in the North Atlantic, said McGrath. THE CANADIAN PRESS

A photograph of the Titanic from a Belfast family album.
ULSTER FOLK & TRANSPORT MUSEUM/THE ASSOCIATED PRESS

ENVIRONMENT

Arctic land permits may have expired

Environmentalists say talks on creating a third national marine conservation area are being held up over Arctic offshore energy exploration permits that may not legally exist.

"Looking at the permits, it looks like the rights expired in 1979," said Alex Speers-Roesch of Greenpeace.

The federal government has been trying for years to protect the waters of Lancaster Sound, the eastern gate of the Northwest Passage and home to a wealth of Arctic seabirds and mammals. The effort is strongly supported by local Inuit hunters and land claim groups.

But drawing the exact boundaries of the area, off the north coast of Nunavut's Baffin Island, has been at least partly held up over 30 exploration permits issued in the early 1970s to Shell.

But researchers have now found those permits may not be valid.

"Exploration rights are supposed to not last longer than nine years," said Speers-Roesch. "When we were looking at the existing exploration rights in the Arctic, the Shell permits stood out because they've been around for decades."

The department acknowledged there was no record of renewal, but pointed out there's no legal requirement that "permits be stamped for renewal purposes."

However, the department must let companies know when permits are about to expire - and there's no record of that happening, either.

"The validity of the Shell permits is indeed a legal question and not simply a 'clerical issue,' " wrote spokesman Michel Chenier.

But Chenier argued the permits are valid because both the company and the government have acted as if they were.

"Both industry and government have continuously treated the 30 Shell permits as being valid and subsisting from the original date of issue to the present and will continue to do so in the future."

But Nigel Bankes, a professor of resource law at the University of Calgary who's familiar with the issue, said "I don't think that's good enough."

He points out Canada's regulatory regime has changed twice since the permits were granted and there's no evidence they were kept up to date.

Exploration permits are designed to encourage companies to get on the property and work, he said.

"No one would contemplate an exploration permit should be held forever."

THE CANADIAN PRESS

CONSERVE

Use opportunity to conserve area: Expert

In 2010, land claims groups went to court to force a German research vessel with plans to conduct tests in Lancaster Sound to turn around mid-voyage. Another court battle is ongoing over seismic testing off Baffin's east coast.

Chris Debicki, of Oceans North Canada, called the uncertainty a chance to move ahead on the creation of the protected area.

"It would be an opportunity to expand the Marine Conservation Area," he said. "It's not an appropriate place to consider drilling."

"No one would contemplate an exploration permit should be held forever." Nigel Bankes, Prof. of resource law

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Morneau backs plan

BUDGET

Finance chief defends plan to boost benefits in 12 regions

$2,300

Bill Morneau also said average payment to families from the new child benefit in the Liberal budget will be about $2,300 per child.

Finance Minister Bill Morneau defended the Liberal government's decision to boost employment insurance benefits for parts of Alberta and Saskatchewan while leaving some hard hit areas of the oil patch out of the budget plan.

Morneau said the government had to decide what areas across the country needed the most help with extra weeks of employment insurance benefits for jobless workers.

Left off that list were cities like Edmonton, and parts of Saskatchewan that Premier Brad Wall has said could also use the help.

Morneau told CTV's "Question Period" that the government picked 12 regions to help them "deal with what's been a significant change and a harder time for those people to get re-employed."

The dozen spots included Newfoundland and Labrador, parts of northern and southern Alberta, northern British Columbia, northern Manitoba, northern Ontario, northern Saskatchewan, Calgary, Sudbury, Ont., Saskatoon, Whitehorse and Nunavut.

Those 12 regions had what Morneau described in the television interview as "sharp increases in unemployment that have been sustained."

THE CANADIAN PRESS

BLACK LIVES MATTER ACTIVISTS STAND TOGETHER The crowd watches the speakers at a Black Lives Matter rally at police headquarters in Toronto on Saturday. Black Lives Matter demonstrators had been camping outside the headquarters since March 20, partly in protest of the Special Investigations Unit's decision not to lay charges against a Toronto officer who fatally shot 45-year-old Sudanese immigrant Andrew Loku. STEVE RUSSELL/TORSTAR NEWS SERVICE/METRO

MANITOBA

Missing toddler's body found

The joy of Easter was tempered by sadness in a Manitoba community following the tragic conclusion to the search for a missing two-year-old boy, but his grieving family says they have been overwhelmed by the support people have shown.

"Today, the family of Chase Martens is completely devastated as they come to grips with the tragic loss of their little boy," read a statement issued Sunday by the Canadian Centre for Child Protection on behalf of the boy's family. The release said the family wants to express their heartfelt gratitude to RCMP, the provincial fire commissioner and community volunteers who took part in the search, which began Tuesday when the boy was last seen playing in the yard of his rural home near Austin.

The search involved hundreds of people on foot and horseback, driving ATVs and in the air. His body was found Saturday in a creek about half-a-kilometre away. THE CANADIAN PRESS

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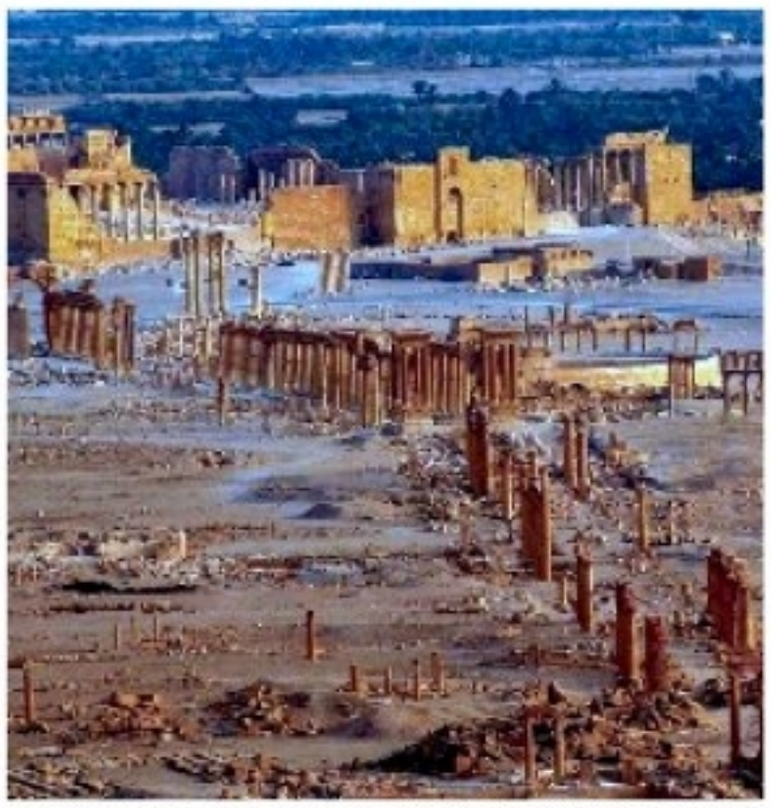


The ancient city of Palmyra, Syria, is an archeological gem that Syrian troops took back from Daesh on Sunday.
SANA VIA ASSOCIATED PRESS

Ancient city recaptured

SYRIA

Government forces take back Palmyra from militants

Syrian government forces recaptured the ancient city of Palmyra on Sunday, scoring an important victory over Daesh fighters who waged a 10-month reign of terror there and dealing the group its first major defeat since an international agreement to battle terrorism in the fractured nation took effect last year.

The city known to Syrians as the "Bride of the Desert" is famous for its 2,000-year-old ruins that once drew tens of thousands of visitors each year before Daesh destroyed many of the monuments. The extent of the destruction remained unclear. Initial footage on Syrian TV showed widespread rubble and shattered statues. But Palmyra's grand colonnades appeared to be in relatively good condition.

The government forces were supported by Lebanese militias and Russian air power. Daesh now faces pressure on several fronts as Kurdish ground forces advance on its territory in Syria's north and government forces have a new path to its de facto capital, Raqqa, and the contested eastern city of Deir el-Zour.

International airstrikes have pounded Daesh territory, killing two top leaders in recent weeks, according to the Pentagon. Those strikes have also inflicted dozens of civilian casualties.

In Iraq, government forces backed by the U.S. and Iran are preparing a ground offensive to retake the country's second largest city, Mosul.

The fall of Palmyra comes a month after a partial ceasefire in Syria's civil war came into force. The truce was sponsored by the United States and Russia in part to allow the government and international community to focus on Al-Qaeda styled militants, among them Daesh.

Syrian Culture Minister Issam Khalil described the recapture as a "victory for humanity and right over all projects of darkness."

Government forces have advanced on a number of fronts in recent months, aided by a Russian air campaign. Moscow announced earlier this month that it would begin drawing down its forces, but said it will continue to target Daesh and other extremist groups.
THE ASSOCIATED PRESS

PRIZE ARTIFACTS

Treasures damaged
State TV showed the rubble left over from the destruction of the Temple of Bel. Artifacts inside the city's museum appeared heavily damaged. A sculpture of Athena was decapitated, and the basement dynamited. Militants viewed the ruins as monuments to idolatry.
THE ASSOCIATED PRESS

VATICAN CITY

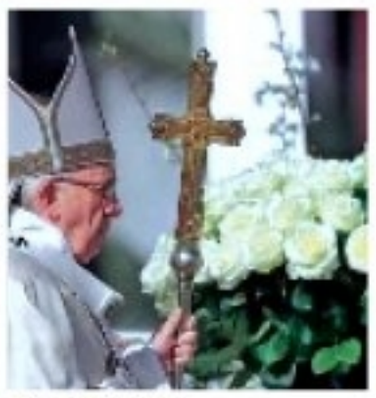
Pope decries terrorism as 'blind and brutal'

Pope Francis tempered his Easter Sunday message of Christian hope with a denunciation of "blind" terrorism, recalling victims of attacks in Europe, Africa and elsewhere, as well as expressing dismay that people fleeing war or poverty are being denied welcome as European countries squabble over the refugee crisis.

Tens of thousands of people patiently endured long lines, backpack inspections and metal-detecting checks Sunday to enter St. Peter's Square. For years, Islamist extremists in social media have listed the Vatican and Rome as potential targets due to hosting the headquarters of the Roman Catholic church and several basilicas.

Despite the threats, Francis has kept to his habit of trying to be in close physical contact with ordinary people.

Francis said, for the faithful, Jesus who rose after death by crucifixion "triumphed over evil and sin."



Pope Francis
THE ASSOCIATED PRESS

He expressed hope that "will draw us closer to the victims of terrorism, that blind and brutal form of violence."

In his balcony speech, Francis said Easter "invites us not to forget those men and women seeking a better future, an ever more numerous throng of migrants and refugees — including many children — fleeing from war, hunger, poverty and social injustice."
THE ASSOCIATED PRESS

Easter bombing kills 65

PAKISTAN

More than 300 injured in terrorist blast in Lahore park

A breakaway Pakistani faction of the militant Taliban group has claimed responsibility for an Easter Sunday bombing in a park in the eastern city of Lahore that killed 65 people.

Ahsanullah Ahsan, spokesman for Jamaat-ul-Ahrar, said a suicide bomber with the faction deliberately targeted the Christian community.

The explosion took place near the children's rides in Gulshan-e-Iqbal park — which was crowded with Christians celebrating Easter — local police chief Haider Ashraf said. He said the explosion appeared to have been a suicide bombing, but investigations were ongoing.

The attack killed 65 people and wounded more than 300, said Deeba Shahnaz, a spokesman for Lahore rescue administration.

Punjab's chief minister Shahbaz Sharif announced three days of mourning and pledged to bring the perpetrators to justice, said Zaeem Qadri, a spokesman for the provincial government.

The park was manned by police and private security guards, police chief Haider Ashraf said.

"We are in a warlike situation and there is always a general threat but no specific threat alert was received for this place," he added.

Schools and businesses in the city will remain closed on Monday, the city's schools association and the Union of Lahore Traders said.

Prime Minister Nawaz Sharif held a meeting to assess the security situation in Lahore, according to a government statement. Pakistan's army chief, Gen. Raheel Sharif, also convened an emergency meeting of the country's intelligence agencies to begin to track down those responsible for the attacks, said army spokesman Gen. Asim Saleem Bajwa.

Salman Rafiq, a health adviser to the Punjab government, called on people to donate blood, saying that many of those wounded were in a critical condition.

A spokesman for the U.S. National Security Council said that the United States "condemns the attack in the strongest terms," describing it as a "cowardly act in what has long been a scenic and placid park."

Prime Minister Justin Trudeau also condemned the attack, tweeting that it was a "deplorable" act and offering his thoughts and prayers to the victims and their families.

Vikas Swarup, spokesman for India's External Affairs ministry, tweeted that Prime Minister Narendra Modi telephoned Pakistani premier Nawaz Sharif to express his deep condolences. He said Modi "underlined the need for uncompromising efforts to fight against terrorism."

THE ASSOCIATED PRESS

Pakistani police officers and rescue workers gather at the site of bomb explosion in park where Christians were celebrating Easter. K.M. CHUADARY/THE ASSOCIATED PRESS

> We are in a warlike situation and there is always a general threat.
> Police Chief Haider Ashraf

BELGIUM

Uneasy mood in Brussels

Belgian riot police clashed Sunday with hundreds of right-wing hooligans at a temporary shrine honouring victims of the Brussels suicide bombings, as investigators launched fresh anti-terror raids, taking four more people into custody.

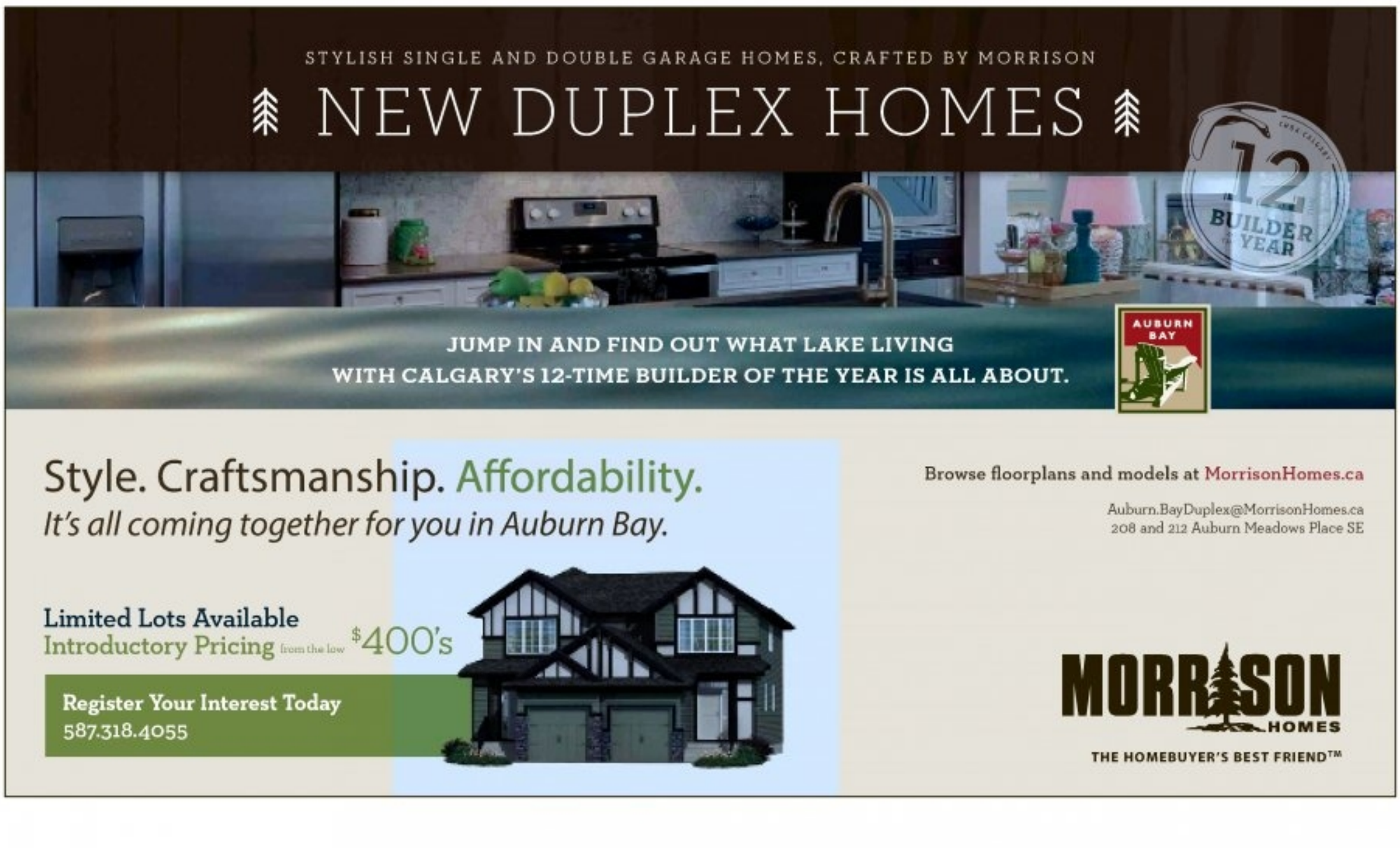
Police used water cannons when scuffles broke out in front of the Bourse, which has become a symbolic rallying point for people to pay their respects to those who died in Tuesday's attacks.

Black clad men carrying an anti-Islamic State group banner with an expletive on it trampled parts of the shrine, shouting Nazi slogans. Ten were arrested and two police officers injured.

Federal prosecutors, meanwhile, said Sunday morning's raids were linked to a "federal case regarding terrorism" but didn't specify whether it was the March 22 attacks.

Thirteen raids were launched in the capital and the northern cities of Mechelen and Duffel.

THE ASSOCIATED PRESS



Snow brings some wildfire relief

KANSAS

Livestock and six homes consumed by massive blaze

Firefighters grappling with the biggest wildfire in Kansas history got a welcome Easter assist from pre-dawn snowfall over the hardest-hit area, though the looming prospect of flame-fanning winds threatened to undermine the effort.

The National Weather Service said about a half an inch (1.25 centimetres) of precipitation in the form of rain and snow fell early Sunday southwest of Wichita in Barber County, which accounts for 427 of the 620 square miles (1,106 of the 1 ,600 square kilometres) scorched during the blaze that began Tuesday in Oklahoma before spreading into Kansas.

Forestry officials in both states said Sunday the fires had been 45 per cent contained, including roughly one-third of the blaze in Barber County. But shifting, stiffer winds were expected, potentially reigniting hot spots or extending flames beyond the fire line. Around south-central Kansas, winds on Monday could gust to 40 kilometres per hour then increase to 72 km/h the next day, National Weather Service meteorologist Brad Ketcham said.

"We're preparing for another couple of critical fire days," said Hannah Anderson, an Oklahoma Forestry Services spokeswoman.

While crediting the Kansas snowfall for quenching dry, vulnerable prairie grass, native cedar trees abundant around Barber County caught much of that precipitation on their branches and left possible hot spots beneath them parched and at risk of re-kindling, Kansas Forest Service spokeswoman Shawna Hartman said. The precipitation also likely offered little fire-suppressing benefit in the area's drainages and sloping canyons, she said.

Four UH-60 Black Hawk helicopters from the Kansas National Guard remained on the scene Sunday, a day after they arrived equipped with buckets ultimately used to dump water onto the flames, the forest service said. Those machines also helped identify any hard-to-reach areas that had reignited.

Six homes have been destroyed and some livestock has been lost, the Kansas Adjutant General's Office said. Three bridges and one railroad trestle have also been damaged or destroyed. No people have been seriously injured.

The Federal Aviation Administration has placed a temporary ban on flights involving aircraft not assisting in the firefight.

THE ASSOCIATED PRESS

1 A firefighter douses a line of grass fire in Kansas on Thursday. More than 200 firefighters battled an active fire line stretching 40 miles long in Barber County.
MIKE HUTMACHER/THE WICHITA EAGLE/THE ASSOCIATED PRESS

2 A home razed by the wildfire.
ANDREW WHITAKER/ THE HUTCHINSON NEWS/THE ASSOCIATED PRESS

3 Charred prairies Thursday near Medicine Lodge, Kan.
ANDREW WHITAKER/THE HUTCHINSON NEWS/THE ASSOCIATED PRESS

4 The Anderson Creek fire in Woods County, Okla., on Wednesday. OKLAHOMA FORESTRY SERVICES/THE ASSOCIATED PRESS

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Women face uphill battle

ESPORTS

Commentator says females are not taken seriously

Jennifer Pichette of Sudbury, a professional commentator for eSports, typically commentates on the Call of Duty series of video games. TORSTAR NEWS SERVICE

Jennifer Pichette has been playing video games since she was a kid. That's not unusual.

Like some people with a lifelong love of video games, she started playing professional tournaments. That's not unusual either.

Then she realized she liked commentating better than playing professionally, and started commentating online tournaments. Still not unusual.

But Jennifer Pichette is a woman, and in the worlds of professional video game playing and commentating, that is unusual, often to the detriment of the woman trying to make it in a burgeoning industry.

"Females aren't taken seriously," said Pichette, a Sudbury-based Masters of Medical Microbiology student at Laurentian University and commentator who is known online as LemonKiwi.

"It's just hard for a female gamer to come on the rise, and possibly even be professional."

Though eSports have been around since the early 1990s, the rise in popularity in the past few years has helped the once niche hobby turn into a lucrative sport competing for the mainstream.

With the jump into mainstream come some growing pains, though. Studies have shown more than half of all gamers are women, but they're still under-represented in eSports and commentating.

Pichette has experienced this first-hand. Being a female "caster" is still seen as an exception rather than the norm — and the problem is worse for players, she said.

Men will exclude women from teams, citing a lack of professional experience, but Pichette said it usually has more to do with gender than experience.

The problem extends to casting. When Pichette comes on a stream, her mostly male audience isn't expecting a woman to be their caster, and when they find she is, it leads to mixed results. "When they hear a female voice, they're kind of thrown off. It's sometimes not as well accepted," she said. Comments on her streams will suddenly shift from talking about the game to about how a woman is casting.

The opportunities have been steady for Pichette. She'll be hosting a Call of Duty tournament at the Enthusiast Gaming Live Expo, taking place April 29 to May 1 in Toronto.

Pichette still wants more women to have opportunities in gaming. She's started an all-female professional Call of Duty league, in the hopes that a safer space will encourage more women to consider playing professional eSports.

TORSTAR NEWS SERVICE

EMPLOYMENT

Precarious work creeping into white-collar jobs

They're part-time employees without health benefits or pensions who work split shifts at a number of different locations each week. From one paycheque to the next, their income fluctuates, as do their hours.

These aren't workers hustling behind fast-food counters. They're aspiring librarians, often with at least one master's degree.

Precarious work, often associated with service-sector jobs, is spreading to jobs that were once considered realms of stable employment with benefits and pensions to boot.

"This type of employment has increasingly become the norm," said Wayne Lewchuk, a McMaster University economics and labour studies professor, who co-authored a recent report on the impact of precarious work.

More than 40 per cent of people employed in the knowledge or creative sectors are in precarious or vulnerable work, according to the report. More than one quarter of precarious jobs require a university degree.

"They're basically trapped in entry-level jobs," said Maureen O'Reilly, a librarian and president of the Toronto Public Library Workers Union.

The average wait time for someone to be hired as a full-time librarian with the Toronto Public Library is a decade — and that's for applicants who already have a foot in the door working other jobs at the library.

Universities, media organizations, hospitals and governments have also increasingly moved toward more precarious contract employment, Lewchuk said. THE CANADIAN PRESS

Maureen O'Reilly, a librarian and president of the Toronto Public Library Workers Union. THE CANADIAN PRESS

IN BRIEF

Uber protests airport's plan to fingerprint drivers

Uber has objected to Atlanta airport's plan to use fingerprints to check criminal records of its drivers, saying its own record checks are sufficient. Uber has agreements with more than 50 U.S. airports, none of which require fingerprint-based background checks. Those airports include major air hubs in Denver; Los Angeles; Memphis, Tennessee; Charlotte, North Carolina; and Salt Lake City, Utah. But New York City does fingerprint drivers, and the mayor of Los Angeles has asked state regulators to allow his city to do so as well.

THE ASSOCIATED PRESS

Deal reached to raise California minimum wage

California legislators and labour unions have reached a tentative agreement that will take the state's minimum wage from $10 US to $15 US an hour, a state senator said, a move that would make for the largest statewide minimum in the U.S. by far. At $10 an hour, California already has one of the highest minimum wages in the nation. Only Washington, D.C., at $10.50 per hour is higher.

THE ASSOCIATED PRESS

Al-Jazeera to cut 500 jobs

Al-Jazeera, the Qatar-based broadcaster, said Sunday it is slashing about 500 jobs a little more than two months after announcing the closure of its U.S. offshoot. The network confirmed it employs about 4,500 people. Most of those losing their jobs are based in Qatar.

THE ASSOCIATED PRESS

NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

Todd Cooper

Take notice that on the **4th day of April 2016** at **9:30 a.m.**, at **Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order**; of your child born on **August 2, 2012**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

Matthew Briscoe

Take notice that on the **4th day of April 2016** at **9:30 a.m.**, at **Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order**; of your child born on **January 30, 2014**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR TEMPORARY GUARDIANSHIP ORDER TO:

Chad Thomas

Take notice that on the **1st day of April 2016** at **9:30 a.m.**, at **Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Temporary Guardianship Order**; of your child born on **January 11, 2015**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

metro VIEWS
Your essential daily news
Monday, March 28, 2016

EXTRA ANNOYING
Scientists looking for alien life have found that other planets' cloudy atmospheres are blocking their views.

metroview

ROSEMARY WESTWOOD

ON BEING A WOMAN IN COURT WITH GHOMESHI

Judge Horkins saw fit to underline the existence of false sexual assault allegations. It was an outrageous and unnecessary 31 words, especially after he earlier reiterated that the person charged with a crime gets the benefit of the doubt.

I doubt a single journalist walked into the Jian Ghomeshi sexual assault trial that first day of February suspicious of the heart of the allegations, or the three women behind them.

And I doubt even one walked out more than a month later doubting an acquittal was right.

But it was nevertheless excruciating to be a woman, sitting in the gallery watching the scandal diminish into thin testimony, easily batted away by the judge in his not-guilty verdict.

Even for those following every moment on Twitter, it was not the same as being in that room, seeing women's expressions, catching their glances, watching their faces as the witnesses described assault.

After Lucy DeCoutere's chief testimony, where she described being a people-pleaser who didn't want to upset Ghomeshi after the alleged assault, one woman reporter told me she cried listening to her account. "Of course!" the reporter said: Any woman could relate to that impulse.

But as the trial went on, sympathy and sisterhood was replaced at times with irritation, and bewilderment.

It only took Marie Henein, Ghomeshi's lawyer, one kick at the first witness for us to see that this was not going to be the trial we expected. Press coverage had created the mirage of a credible legal case against Ghomeshi, but the closer we got to the evidence, the more that credibility evaporated. After all the allegations of abuse, the months of stories, the investigations, the national conversation about sexual violence in this country: This was not going to be the comeuppance of a powerful man who hurt women, or, by proxy, a defeat of sexism itself. Instead, the trial became a microcosm of how women are coping with the status quo.

I saw in the protesters resilience, power and even righteousness.

SURVIVOR SOLIDARITY Protesters denouncing the Ghomeshi verdict have grown to a critical mass that could advance justice for sexual assault victims, Rosemary Westwood writes — but ingrained sexism remains an obstacle. TORSTAR NEWS SERVICE

Silent and mostly unnoticed in the front row throughout the trial sat Ghomeshi's mother and sister. Where others saw symbolism in the case, to the family it was "deeply personal," said Jian's sister, Jila.

Then there was Marie Henein and Danielle Robitaille, her protégé, as much the faces of the trial as DeCoutere. Both lawyers cut formidable figures in slick suits and "killer heels," a visual display of their fierce skills, as Anne Kingston of Maclean's would note.

To the National Post's Christie Blatchford, Henein and Robitaille became a kind of harbour in the storm, two women "so clearly not seeking favour" from other women that Blatchford deemed them a "comfort."

They stood opposed to female activists, who Blatchford and the Star's Rosie DiManno both seemed to suggest would sooner turn the court into a psychiatrist's couch then give women their due credit for being able to weather tough questions. To Blatchford, covering the trial "was akin to being a member, by virtue of gender alone, of an over-delicate, slightly feeble-minded citizenry in need of perpetual deference and protection both."

I understand her concern, but I also saw in the protesters, especially the hundreds of mostly women outside the court the night of the verdict, resilience, power and even righteousness.

I watched a group of women carrying signs hurry in the falling dark toward the crowd.

"Have a great protest!" I yelled, stupidly, wanting to join them.

They gathered for speeches and then a march to Toronto Police headquarters chanting what's becoming a slogan for the whole ordeal: "We believe survivors!"

One young woman told me the trial had ended any hope she had in the justice system, but she would commit herself to advocacy and support work instead.

Some were marching against the acquittal itself. But I saw them also as a mass coalescing against the stalemate in justice for sexual violence.

There is hope for future reform.

But there is also the much murkier world of ingrained sexism, the kind that, despite Justice William B. Horkins's mostly harsh but fair ruling, stained his judgment in two unforgivable ways.

First, Horkins called into question the women's post-assault behaviour, which he said shouldn't be governed by stereotypes, but then went ahead and called "odd" anyway.

Second, and most egregiously, Horkins saw fit to underline the existence of false sexual assault allegations, and state this: "The twists and turns of the complainants' evidence in this trial, illustrate the need to be vigilant in avoiding the equally dangerous false assumption that sexual assault complainants are always truthful."

It was an outrageous and unnecessary 31 words, especially after he took time at the beginning to reiterate that people charged with a crime, in every case, are the ones who get the benefit of the doubt.

As I walked home that day, the adrenaline wore off and the sadness sank in. Sadness for Ghomeshi's family, who clearly love him. Sadness for the witnesses. For the protesters. For all sexual assault victims.

I walked through my apartment door, and cried. Of course. What else is a woman to do?

Where are the complete streets in Calgary's suburbs?

KLASZUS' CALGARY
Jeremy Klaszus

As Calgary's core gets sleek new amenities like cycle tracks and pedestrian bridges, you can see why many Calgarians on the outside looking in are fed up. There's a disconnect between what city hall does in the inner city and what it has allowed from some developers on the outskirts.

On one hand, the city creates and boasts of walkable, bike-friendly showpieces like the Peace Bridge. At the same time, it has sanctioned new suburbs that are car-centric.

Too often, developers have done the bare minimum, and city hall has let them get away with it. Some new communities even lack sidewalks on both sides of the street, making no pretense of walkability.

"You've got senior planners continually talking about all of these requirements to build vibrant communities," says Gerry Geoffrey, who moved to Calgary in the 1980s. "They're the ones in charge of it, yet they don't walk the talk."

In a blog post last week, Geoffrey, a former CFO for Safeway Canada, criticized city hall for being too downtown-centric at the expense of outer communities.

He cited Seton and Quarry Park as examples: new developments in the southeast that are becoming major employment hubs, but are lacking in their design.

"Neither development can be viewed as overly pedestrian or bike-friendly, transit-oriented, or even planned to encourage living in nearby suburbs," he wrote.

Quarry Park is marketed as all about "living, working and playing." The website shows a woman riding a bike.

In reality, the design favours the car, as always. Locals who dare bike to the co-op are greeted with an unfriendly sign at the parking lot's entrance: NO BICYCLES.

No wonder people are frustrated when they see a new cycle track downtown. If it's not relevant to their lives, and their own community has been built with good planning principles out the window, why should they be excited?

The connectivity that's so highly prized in the core often falls apart on the city's outer reaches. "I would say that's a fair comment," says John Hall, the city's coordinator for the north planning area. "I think we do struggle with making these newer communities as connected as the more established areas of the city. We feel we're getting better at it."

In 2014, city council approved a complete streets policy that seeks to make new streets better for walking, cycling and transit.

In the meantime, many will continue to be frustrated by the imbalance. And those in the core shouldn't dismiss that frustration.

Everyone has the right to a well designed street, regardless of what part of the city they live in.

Jeremy Klaszus is a Calgary-based freelance journalist and stay-at-home dad.

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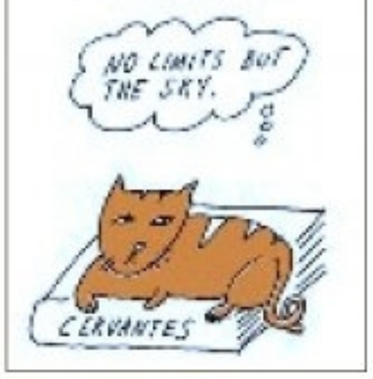

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metro LIFE

Your essential daily news

Batman v Superman shrugs off bad reviews, opens to $170M

Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only a few weeks left to get Yolanda sticking to a budget and improving her cash flow.

Yolanda benefits from a buffer

LESLEY-ANNE SCORGIE
metro*money*

THE CHALLENGE: Two young women have committed to transforming their financial lives in just 12 weeks with Metro's Money Makeover and finance guru Lesley-Anne Scorgie. Yolanda, 27, from Mississauga, is rapidly saving a down payment while Annick, 24, from Calgary, is crushing her consumer debt. With only three weeks to go, the big question is whether these ambitious women will achieve their financial targets.

THIS WEEK: Yolanda has planned a move and a trip to Montreal. Find out why, for once in her adult financial life, she doesn't have the heebie-jeebies about these upcoming expenses.

NEXT WEEK: Annick files her tax return and is surprised by the result. Has working with a tax professional been worth it?

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

Yolanda has two expensive months ahead — $500 for movers, a truck and packing boxes as she moves back in with her mother in April plus another $500 for a fun trip to Montreal in early May.

Obviously the first is a need and the latter is a want — one that I believe is well deserved given her financial progress to date.

When I grilled Yolanda on her plan to pay for these one-off expenses, she confidently responded.

"When I stare at my budget I am happy. The numbers don't lie. I know I can afford these upcoming expenses. But, I will have to reduce what I spend on other things like meals and entertainment for a few months," she told me. "I'm making a financial trade-off and I therefore don't feel guilty."

Included in her plan is an expectation that she'll receive a healthy tax refund of a few thousand dollars during the month of April.

Certainly Yolanda will benefit from powerful charitable tax credits from her regular giving and also a tax deduction from her 2015 RRSP contributions.

But, history isn't always indicative of the future. What if Yolanda's tax refund is slim-to-none, or worse yet, she has to pay the government? Besides cutting back on her discretionary spending, she'll also have drain her "buffer" account that she's worked incredibly hard to build up.

And that's the point of a financial "buffer."

NET WORTH

Assets	
TFSA	1,000
RRSP	1,100
Savings	175
Pension	4,700
Total Assets	**$6,975**
Liabilities	
VISA	0
Master Card	0
Total Liabilities	**$0**
Net worth	**$6,975**

THE LESSON

Naturally most 20-somethings plan their finances optimistically: a tax refund will always be there; a raise is around the corner; a house, car or other big-ticket purchase will cost less than originally thought.

And dangerously, that a financial emergency, such as job loss, simply won't happen.

But, life deals a harsh hand at times and, in fact, the average Canadian experiences a financial gut-punch twice each decade.

When I lived with my grandmother during university she ingrained in my head that at all times I needed immediate access to a minimum of $1,000 to get out of a financial pinch.

She was right. I used that fund three times for burst pipes, a quick move and a hefty car repair bill — all before reaching age 25.

I cannot stress how important it is for every modern young person to build-up a financial buffer.

As a rule of thumb, if you've got credit-card debt, your buffer should be up to $1,000. If not, grow your buffer to the equivalent of three months' salary.

Gone are the days when Yolanda would raid her RRSPs and TFSAs to pay for minor emergencies, trips and vet bills.

Amongst many other valuable financial skills such as sticking to a budget and spreading out her expenses more evenly throughout the month (easier on her cash flow), Yolanda has learned that planning for the financial worst and hoping for the best reduces stress and squashes financial guilt.

Yolanda isn't letting some one-off expenses get her down this month because her budget can handle it. LIZ BEDDALL/METRO

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People who spend money to create an illusion of wealth are in for a tough time when the bills come in. ISTOCK

MONEY MANAGEMENT

Creating an illusion of wealth won't make you happy

Gail Vaz-Oxlade
For Metro Canada

I have met a lot of people who spend as if they're wealthy.

Without savings, an emergency fund or a debt-free balance sheet, they drive fancy cars, eat out three nights a week and have all the newest toys.

These are people who spend money creating an illusion to fool... who? Themselves? Their friends? People they don't even really know?

Folks drop big bucks on kitchen renovations. It's a very pretty kitchen. And when friends come over they comment on the beautiful cabinets, gorgeous appliances and granite countertops.

Then the I-Wish-I-Were-Wealthy people bask in all that admiration.

The thing their visitors don't know is that at night they toss and turn trying to figure out which minimum payment they'll make this week.

People dress UP. People drive UP. People live UP.

It's not really their own standards they're living or driving or dressing up to — it's the new standards that have been created by living in a world where we can look in at the rich and famous and want what they have.

If you aren't satisfied with the life you can afford — if you aren't living within your own means — ask yourself what it is this illusion of wealth you're striving for gives you.

Are you striving for oohs and ahhs? Are you trying to make others jealous? If you are compromising your financial well-being to build an illusion of wealth on sand that will eventually shift, how will you feel when people come to know your truth?

It may be that the illusion of wealth is most important to those who have a sense they are always beings judged. It's sad that people feel this way.

But folks, it's a thought! You think you're being judged. You have the ability to replace that thought with this one: I don't need the illusion of wealth because I am wealthy. I don't mean Rockefeller wealthy, I mean rock-solid-foundation wealthy.

Most of the things that make us happy with our lives don't cost money. And many of the things in our lives that do cost money don't carry really big price tags.

It is not until we inflate our sense of entitlement, or seek to create the illusion of wealth to impress, that we get into trouble spending more than we have.

> **Most of the things that make us happy with our lives don't cost money. And many of the things in our lives that do cost money don't carry really big price tags.**
> Gail Vaz-Oxlade

I've heard people say things like, "I'd never buy anything off-brand," or "I have to take a cruise every year for my sanity," or "Kill me dead if you ever see me in those shoes!" Seriously?

I have expensive tastes. But never, ever in my life have I let my wants come before my needs. And I'm not just talking about present needs; I won't let my wants come before my future needs either. And I certainly won't let the wants other people have drive me to spend money on stuff.

Today, move from the idea of illusion to a commitment to reality. Make your life purposeful and worthwhile. Stop spending money you don't have to buy things you don't need to impress people who don't matter.

For more money advice, visit Gail's website at gailvazoxlade.com

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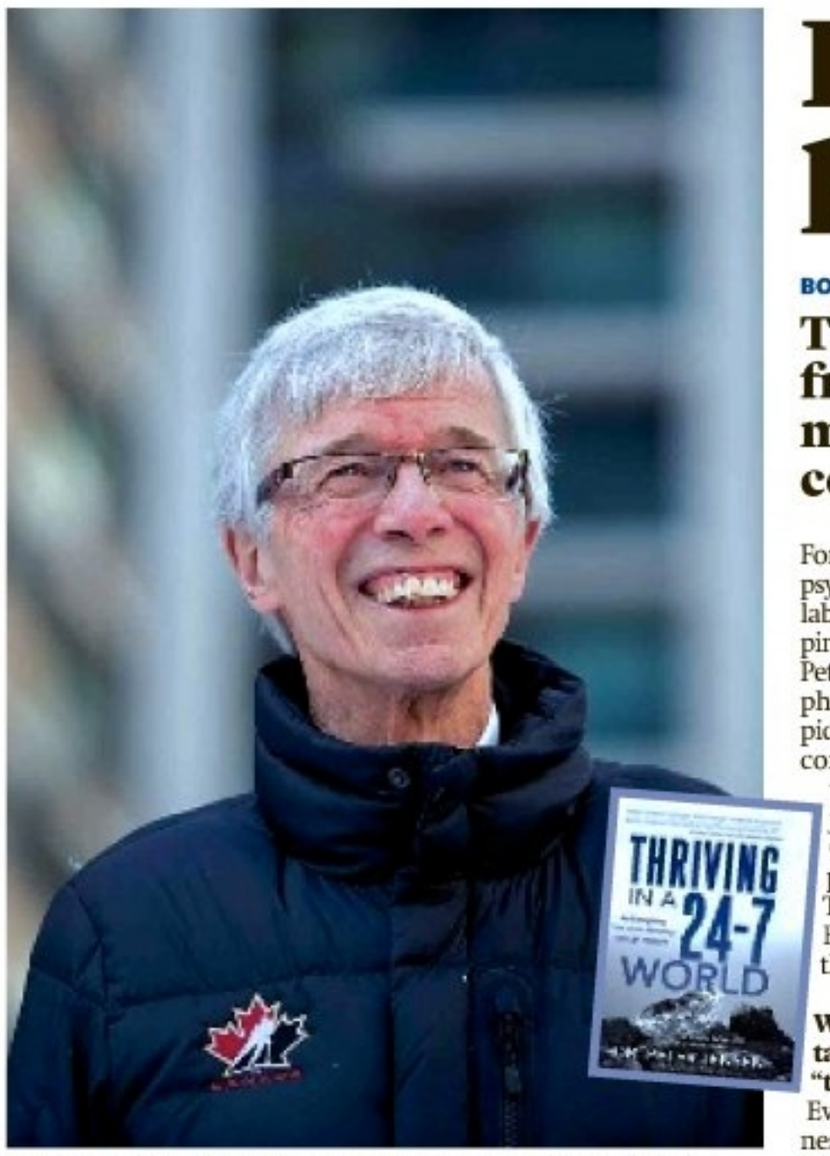
Don't be a worrywart and learn to love the pressure



Peter Jensen is thev author of Thriving in a 24-7 World: An Energizing Tale about Growing through Pressure.
TORSTAR NEWS SERVICE

BOOK

Tips to thrive from a sports mental training consultant

For someone trained in sports psychology, perhaps the greatest laboratory is the Olympics, the pinnacle of athletic competition. Peter Jensen has donned a metaphorical lab coat in eight Olympics to date as a mental training consultant with members of the Canadian team. Before he joins our athletes for a ninth Olympics this summer, he's promoting his third book — Thriving in a 24-7 World: An Energizing Tale about Growing through Pressure.

What are some of the most tangible techniques for "thriving in a 24-7 world"?
Everything starts with awareness. If you don't notice something, you're unconsciously incompetent. We might find that something we're doing right now is incredibly unhealthy 10 years from now, but we just don't know. Then there's that next step, which is conscious incompetence, which is "I have to get more sleep — but." Or "I really want to eat better — but." I worked with this coach in Alberta who used to say to his players, "Stay left of your but." Stay over on the other side of the sentence. Stay over there where you're doing something, like start eating healthy. Once you get good at it, it's unconscious. It sounds so basic, but it is basic.

What are some of the misconceptions of energy management? Multi-tasking?
For 2.5 per cent of the population, they're better at doing two things at once. The problem is everybody thinks they're in the 2.5 per cent.

You've written about the need to stop worrying, too. What's the idea there?
Worry is like having a constant energy leak in your head. My mother used to say, "Worry if it will make a difference." And, of course, it never does. If worry leads to you planning for the safety of your children, OK. But most worry is not functional. I say to the athletes sometimes, "The voice in your head is not God." It's something we make up, and we respond to it as if it's real.

How do you tell somebody who is a worrywart to stop?
The first choice in any situation when you can is eliminate the stressor. With the World Junior team, one of the things they decided to do when we talked about the noise of social media, they decided to go off social media when the tournament was on. They temporarily closed their accounts. By design, they're able to do some things that create a better environment.

So that stops the "energy drain."
A huge amount. Because you don't have all that stuff cluttering you up. The problem with devices is they're always present. A lot of people will say, "I didn't do anything last night. I watched Game of Thrones. I sat on my iPad." That's not rest. Eighty-five per cent of your brain is active when you're using your iPhone. You're not recovering.

How do you best recharge?
You've got to get genuine rest. You've got to sleep. Nothing replaces sleep. Sleep is the way you rest and recover. If you look at people who had huge cognitive horsepower — Einstein, Edison, Madame Curie — you read their biographies, every single one of them napped. They all did it.

Why do you advocate for naptime in the workplace?
Listen, I had throat cancer back in 2010. Thirty-five radiation treatments, chemotherapy and all that. You live like a dog. I mean that in a positive way. When a dog's tired it lies down and sleeps. And that's what I did. I've carried that over to today.
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EXCERCISE

Study finds moving helps kids to learn

Kids who jump, squat and move their bodies during math and spelling may learn more effectively than students in typical sedentary classrooms, a new study suggests.

The research, involving 500 Grade 2 and 3 children in the Netherlands, found those who learned in physically active classes tested better academically than kids who sat at their desks.

The findings were published earlier this month in the journal Pediatrics, and provide new evidence that getting children moving isn't just good for health, but may also boost brain power.

"It's really a significant outcome," said Marijke Mullender-Wijnsma, lead author and researcher in the centre for movement sciences at the University of Groningen in the Netherlands.

"Children want to move, and they learn a lot by moving their bodies," Mullender-Wijnsma said in an interview. "Children can also learn by sitting at a table, but they learn more by being active."

During the two-year study, half the seven- and eight-year-olds were taught active lessons in math and language three times a week for 30 minutes over the course of 22 weeks each year. The control group learned in regular classrooms.

The lessons using moderate to vigorous physical activity were aimed at tasks involving repetition and memory, such as math calculations and spelling. The students' academic levels were measured before the intervention, and several times throughout.

The kids learned using a range of movements including jumping, taking large and small steps, squatting and air punches as they recited answers to questions. For example, while spelling aloud the word "dog," they might jump three times — once for each letter. Or to solve 2x4, they might squat eight times while counting.

After two years, those in the active group showed greater gains in math speed, general math ability and spelling — equal to being four months ahead of the control group, the researchers found. No differences were found in reading. But the researchers called it "a promising new way of teaching."

Students participate in Boks Daily Physical Activity program at St Wilfrid Catholic School in Toronto. TORSTAR NEWS SERVICE

Mounting concern over childhood inactivity and obesity in Canada has led to programs and policies aimed at getting schoolkids moving. The Netherlands study is important because it highlights another key piece — the role of exercise in learning.

Mullender-Wijnsma says more is needed to understand the mechanisms of how exercise affects the brain. But earlier neuroscience research suggests the young students may have benefitted in several ways.

Children use sensory and motor activity to learn, she says, which is enhanced through physical activity. Exercise has also been found to improve attention and the ability to remain on task.

Over time, it may also trigger the development of new cells and blood vessels that lead to improved cognitive performance, she said.

Pioneering neuroscientists like psychiatrist Dr. John Ratey of Harvard Medical School have built a body of evidence showing how aerobic activity boosts kids' productivity, attention and memory. "There's a lot of anecdotal and intuitive understanding of the overall benefits of physical activity," says Rodney Ghali, director general of the Public Health Agency of Canada's centre for chronic disease prevention.

But every piece of new evidence is important when it comes to how it might help cognitive skills, academic performance and mental well-being, he said. The agency has partnered with Reebok Canada and the Canadian Football League in a five-year, $10-million project called BOKS Kids, which is introducing non-competitive physical activity programs into schools across Canada to boost health and academics, and is based on Ratey's research.

TORSTAR NEWS SERVICE

Female record producers a small club

AWARDS

Lack of Juno nominees reflects an industry issue

With one of her two nominations this year, Emilie-Claire Barlow entered an exclusive club she wishes wasn't so exclusive: a woman nominated for Producer of the Year.

She's only the fifth woman in the past 10 years and the 14th in the 44-year history of the Juno Awards to compete in that category, which has crowned a female winner only four times. Engineer of the Year is even less balanced; no woman has ever won.

The daughter of two session musicians who has been immersed in studios since age 6, Barlow isn't surprised by that statistic; she figures she's seen only two female engineers her whole life.

That said, she doesn't seem that interested in making too big a production out of her achievement.

"I was laughing to someone the other day: at no time did I use my vagina directly in the making of this record," Barlow said recently.

"The Junos are accurately reflecting the scene. Generally speaking, mostly men are in those roles."

The numbers bear that out.

This year, the Junos received 113 total submissions for production and 75 for engineering; only eight women applied for the former and two for the latter. When women do earn nominations for Producer of the Year, they're almost certainly also performers — not since Kerry Crawford in 1984 has a woman been nominated for producing someone else's album.

Junos president Allan Reid calls the show a "reflection of the industry" and, indeed, one broadly accepted statistic estimates that women comprise 5 per cent of engineers and producers.

It's also an issue at the educational level. Seneca College offers two holistic music programs: "independent music production" and "independent songwriting and performance." Only the latter attracts women.

Montreal electronic-music oracle Grimes has been dutiful in documenting studio sexism. She's faced condescending engineers and unwanted sexual advances. And she alone handled the engineering and production on her brilliant Art Angels partially because she knew employing an outside engineer would lead people to assume: "Oh! That guy just did it all."

"The music industry is still male-dominated and there is chauvinism," said John Harris, founder of the Harris Institute for the Arts.

Harris says he's long endeavoured to enrol women and hire female faculty, but he's only recently seen signs of progress. And progress here essentially means "better than nothing": where semesters once passed without any female students, women now comprise 10 to 25 per cent of the student body.

Karen Kosowski, who has helmed tracks for Emma-Lee and Jakob Dylan, says while she hasn't experienced the sort of studio sexism Grimes describes, she's familiar with limiting assumptions about women. "If a guy doesn't know about his engine, he's not as macho," she said. "Women still aren't expected to have the same kind of technical knowledge as men."

The Juno Awards air Sunday, April 3 on at 7 p.m. on CTV.

TORSTAR NEWS SERVICE

Emilie-Claire Barlow says producing is like being an artist, technician and director in one. CONTRIBUTED/GREGORY BENNETT

MUSIC BUSINESS

Japanese student aims to break the barriers

Chihiro Nagamatsu is a student at the Harris Institute for the Arts. A classically trained pianist since age 4, she wants to produce both her own music — which blends classical, pop and anime influences — and other artists'.

She's one of only two women in her audio production class, but she's undaunted. In her native Japan, she worked 12-plus hours a day trudging door to door selling Internet subscriptions. She had 11 coworkers and they were all men.

"I have courage and passion," she said. "If women are a minority in the music business, I should change that a little bit myself."

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MUSIC BRIEFS

Production rigging hits Adele fan at concert

Adele has apologized after a fan was injured at one of her concerts in Scotland. The incident happened Friday night at the SSE Hydro venue in Glasgow when a chain fell from production rigging and hit a woman in the audience. The fan was treated at the scene and hospitalized as a precaution. Adele tweeted "I'm so sorry to hear that someone got hurt at my show tonight. It's being investigated to ensure it won't happen again." THE ASSOCIATED PRESS

Miley Cyrus to judge The Voice

Miley Cyrus and Alicia Keys will get red chairs as new judges on NBC's The Voice next September. It will be the first time the four-person judging panel will have two women — in previous seasons there were three male judges. Cyrus and Keys will join mainstays Blake Shelton and Adam Levine. THE ASSOCIATED PRESS

Miley Cyrus. GETTY IMAGES

Meghan Trainor learns to say No

NEW ALBUM

Singer gets a little darker with sophomore LP

When playing songs from her upcoming sophomore album for her record label, Meghan Trainor heard this word from L.A. Reid: "No."

Reid, the veteran executive and Epic Records president, was referring to her first single. She didn't have one, he said.

Angry and upset, Trainor called producer Ricky Reed. They had collaborated on some of the songs she'd played for Reid, and in a day, they created No, the anthemic, beat-driven, Destiny's Child-influenced hit that's a departure from her signature doo-wop pop sound.

Reid's thoughts: "Yes." More like yasssss!

"I wrote No, and he was like, 'Give me five of these.' And we wrote five more songs," Trainor said in a recent interview.

"It was such a relief, like I could sleep at night knowing I finally found the single.

"That's like the biggest stress for an artist, especially (for) album No. 2."

No, which has already peaked at No. 11 on Billboard's Hot 100 chart, isn't about L.A. Reid. It's a song about boys and female empowerment. Reed, frontman for Wallpaper and a producer behind songs for Jason Derulo, Twenty One Pilots and Pitbull, said creating the tune was like opening Pandora's box.

The other songs "were very great songs, but No was really the catalyst for the rest of the album," Reed said.

Of the songs on her new album, 22-year-old Trainor says with a laugh: "Songs like that wouldn't exist if L.A. Reid didn't push me till I wanted to cry."

The new album, Thank You, will be released May 13. Trainor has taken a more contemporary vibe compared with her 2015 debut, Title, which featured the hits Like I'm Gonna Lose You, Dear Future Husband, Lips Are Movin' and the game-changer All About That Bass.

The new songs are more confident and sleek, a reflection of Trainor, not just the singer, but also the person.

In her No music video, which debuted this week, Trainor trades her colourful, bright backdrops, buttoned-up ensembles and schoolgirl dance moves for sexy gyrations, tighter clothes and an overall darker setting — in the vein of late '90s pop music videos.

"I'm learning (about) myself even more. I'm learning what clothes are comfortable and what I love and what makeup and hair (I like)," said Trainor, who has gone from being a blond to a redhead.

"We changed everything and I'm very comfortable and all this promo isn't so scary anymore."

THE ASSOCIATED PRESS

Meghan Trainor's new single No has already peaked at No. 11 on Billboard's Hot 100 chart. THE ASSOCIATED PRESS

How to make a superhero mashup

SUPERGIRL

There are a few things needed when executing a crossover

Look, up in the sky! It's a bird, it's a plane, it's every single comic book superhero ever created comin' atcha!

Hot on the heels of Batman v Superman: Dawn of Justice comes television's latest comic book crossover. On Monday's Supergirl (CBS and Global at 8 p.m.), The Flash's Grant Gustin darts away from his own show and teams with Melissa Benoist for an episode titled World's Finest.

The common denominator in this clash of DC Comics titans is executive producer Greg Berlanti. The busy showrunner is considered a show business superhero, juggling six series at once. Most are comic book fantasies, with Arrow and DC's Legends of Tomorrow also produced under his watch.

Still, not everybody can make a crossover episode work. Here are four things Berlanti and his co-executive producers needed to make Monday's episode happen.

The Flash is darting away from his own show to join the cast of Supergirl on Monday. CONTRIBUTED

Super accommodating stars

Benoist, 27, is still in her rookie season and was all smiles in January as she and other cast members spoke with reporters at their Los Angeles studio.

"People were ready to see a strong female heroine," she says, adding how humbled she is "every time a little girl comes on set" and sees her in that familiar red, yellow and blue costume.

The Texan is on her home court for the crossover. Gustin, on the other hand, had to fly to L.A. from Vancouver where he already puts in 12- to 14-hour days. "Logistically it's almost impossible," Gustin said earlier this year on the Vancouver set of his series. He says the effects-heavy series is tough enough to complete on a TV schedule.

Super proximity

Crossovers between The Flash and Arrow and even DC's Legends of Tomorrow are made easier by the fact that all three shows are on neighbouring soundstages in Vancouver. The same is true of Chicago-based Dick Wolf dramas Chicago Fire, Chicago PD and Chicago Med. The Supergirl/Flash crossover was trickier because of Gustin's travel, but at least Vancouver and L.A. are in the same time zone.

Super storyline

On Monday's show, Flash visits an alternative Earth and helps Supergirl out of her recent funk by taking on two bad girls: Livewire (Brit Morgan) and Siobhan Smythe, now the Silver Banshee (Richmond Hill's Italia Ricci). The latter has a sonic scream that can crack concrete.

Super synergy

While Supergirl is on CBS and The Flash is on the CW, this crossover is still all in the family. Both shows are produced by Warner Bros. Television and DC Entertainment. The CW is jointly owned by Warner Bros. and CBS. Berlanti always saw crossover potential.

New CBS programming boss Glenn Geller saw it too and, faster than a speeding bullet, a crossover was ordered.

TORSTAR NEWS SERVICE

THE CANUCKS

Canadian crossovers
Here are two more Canadian crossovers in TV's comic book world:

Amell. HANDOUT

Stephen Amell (Oliver Queen/Arrow on Arrow): The 34-year-old Toronto native will soon star as Casey Jones in Teenage Mutant Ninja Turtles: Out of the Shadows.

Laura Vandervoort (Indigo/Brainiac 8 on Supergirl): Before headlining Bitten, the Toronto native played Supergirl on the CW series Smallville.

TORSTAR NEWS SERVICE

Laura Vandervoort. HANDOUT

JOHANNA SCHNELLER WHAT I'M WATCHING

Shandling was a master of unmasking

THE SHOW: The Larry Sanders Show, Episode 89 (YouTube)
THE MOMENT: Jim Carrey's farewell

Garry Shandling as Larry Sanders. CONTRIBUTED

On his last night as a talk show host, Larry Sanders (Garry Shandling) introduces Jim Carrey, who makes a hammy entrance to huge applause. "You'd think it was your last night," Sanders says, with a (clearly pained) smile.

"Just when I thought everything was solid in my life, you decide to go," Carrey says. "You know I can't get it up? Ever since the announcement I've been flaccid."

Carrey launches into the ballad And I Am Telling You I'm Not Going, from Dreamgirls; he leaps on Shandling's desk, hugs him. Until they go to commercial.

"Let's cut the crap," Carrey snarls. "What are you gonna do now, movies? I'll crush you."

"Are you doing a bit?" Shandling asks nervously.

"We're off the air, Larry," Carrey says. "This is real life now."

When Shandling died last Thursday at age 66, Twitter exploded with RIP's from comedians (Jimmy Kimmel, Seth MacFarlane, Albert Brooks, Ricky Gervais), praising him for popularizing and perfecting so many current comedy trends: behind-the-scenes exposés; a deadpan, laugh-track-free tone; takes that linger on uncomfortable moments; celebrities playing nasty versions of themselves.

His show established HBO as a go-to source of cutting-edge humour, and launched a raft of talent including Bob Odenkirk and Jeffrey Tambor (who are still pushing the envelope on their respective current series Better Call Saul and Transparent).

Shandling wasn't the first person to unmask Hollywood as a snakepit of insincere egomaniacs hiding their desperation under their tooth veneers, and he won't be the last.

But to date, he did it the best.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

SENIORS' HOUSING FORUM

Why do seniors move?

The City of Calgary conducted a telephone survey to find out why seniors in the city move from their homes — information that may be of value to you now, or in the future.

The City called a random sample of 500 senior households over the summer of 2007. As you review the survey results, it may help you consider your own move, and any actions you may have to take before changing addresses.

8 per cent of the seniors had moved in the past two years.

- Generally, they moved from single family dwellings to renting an apartment or duplex.
- Most of them had lived in established communities. Some still did. Others moved out of the inner city to newer neighbourhoods.

Their top 3 reasons for moving:

- Their family situation had changed and there were fewer people living with them
- They wanted a smaller place
- The senior, or another family member, was in poor health

9 per cent of the seniors planned to move in the next 12 months.

- When called for the survey, most of these seniors were living in established communities.
- They were less likely to report wanting to move than those who had already moved
- They are more likely to be younger seniors — aged 65 to 74

Their top 3 reasons for wanting to move:

- Difficulty in paying the costs associated with living in their home
- Maintenance of the home—housework and cleaning becoming a challenge
- Wanting a smaller residence

"(These findings) provide further evidence that costs of living are becoming problematic for seniors."

"The data reveal that economic assistance would help those who had and are likely to stay in their homes, " says the Survey on Seniors Decisions to Relocate.

ISTOCK

MORE ONLINE

Be sure to look out for Part 6 of this feature on May 30. Can't wait until then? Visit us at seniorshousingnow.ca.

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Intergenerational options for seniors housing

It's what you would call a 'win-win.' In Deventer, the Netherlands university students are living rent-free in a retirement home and in exchange for a place to live, they lend their time. The students spend at least 30 hours a month hanging out with the elderly residents — playing cards, going shopping, cooking dinner.

'Intergenerational' housing solutions like this are popping up all over Europe. Sometimes, an elderly person rents out a room in their own house. In other cases, projects are built specifically to house the younger with the older. The UK is considering building housing for the elderly and the disabled in shopping centres and universities to keep older people integrated with society.

Here in Calgary, we are looking toward more creative solutions for senior housing as well — specifically, we're looking toward the alley. Laneway housing has many other names: detached garden secondary suites, detached garage secondary suites, or granny suites, carriage suites, garden suites, or backyard suites.

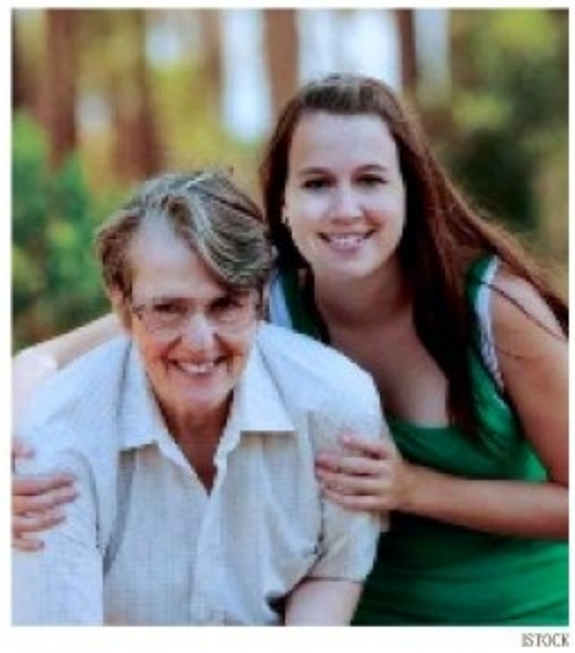
Whatever you want to call them, they may be coming soon to a laneway near you.

The City defines laneway housing as: "self-contained living spaces consisting of a bedroom, bathroom and kitchen located within or on the same property as a single family home. Generally, they are accessible from the back alley / laneway of a property."

Laneway suites are already legal in some Calgary neighbourhoods such as McKenzie Towne, Garrison Green and Garrison Woods, and now the City is looking at changing land use amendments so they can be legal elsewhere. They offer many benefits, says the City: "Developing laneway housing can increase housing opportunities within a community, supplement a homeowner's income and provide affordable housing options." The idea is gaining momentum in Calgary.

The whole laneway housing is already a big hit in Vancouver, where affordable housing is more and more just a dream. That city has about 1,000 laneway houses already and officials are encouraging people to build more in an effort to increase the amount of affordable rental properties in Vancouver.

And there are other benefits aside from helping the household budget. "Laneway houses contribute to the overall sustainability of the city." Vancouver officials write on the City's' website. "They give people more opportunities to live close to where they work, shop, and play, and they make the city's urban lanes more green, liveable, and safe."



ISTOCK

Bring your questions and get the answers

The annual Senior Housing Transitions Information Session will be held April 16 in northwest Calgary to help seniors and their families get information and make decisions about housing. As we grow older, big changes like moving can be a big challenge, but making decisions about where to live can be made easier with some planning and research.

The information session--brought to you by the Calgary Seniors Housing Forum Society and the Confederation Park 55+ Activity Centre — brings a number of seniors' housing experts together in one place and seniors and their family members are encouraged to talk to the experts on a more comfortable and personal level.

Experts that are knowledgeable about the variety of seniors housing options in the province will be on hand to answer all manner of questions. There will be representatives from the Government of Alberta- Seniors & Housing, Alberta Health Services-Home Care, CMHC as well as private retirement residences that provide independent and assisted living to long term care. There will also be representatives to talk about supportive and independent housing options available for lower-income seniors.

The April 16 event will include the following topics:

- How to downsize, how to simplify the process and the steps to take to organize a move
- Seniors housing options in Calgary
- Definitions of terminology such as "affordability"
- The City of Calgary's plans for Age Friendly Calgary

Calgary Seniors Housing Forum Society (CSHFS) is a not-for-profit society established more than twelve years ago with the mission: "To provide current and relevant information regarding seniors housing, resources, and supports that contribute to successful aging."

The Confederation Park 55+ Activity Centre is a not for profit organization that provides educational, recreational and outreach support programs as well as special services to members of the community who are 55 years of age, and older.

This free, annual event usually attracts a full house. Limited seating is available.

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Independent and supportive living options

In downtown Calgary, just across from the Bow River and next to Sien Lok Park, Clover Living's two residences offer 129 suites with independent and supportive living options.

The organization has a special 'hybrid model' that offers support for people to age-in-place — that is move from independent living to supportive living without having to pack a box or physically move location. It provides more options, service variety, flexibility and convenience for the seniors and their families.

"We also provide flexibility for the seniors to have meal and housekeeping options in frequency and variety," says Grace Su, director of operations at Clover Living. "And, we provide a 'trial-stay' option for seniors who may want to try out this lifestyle before committing to moving in."

While all older adults in Calgary are welcome, until recently the residences have been "primarily focused" on serving Chinese and Asian seniors, with offerings including Chinese language support, Chinese cuisine and cultural activities.

"We are now moving into building a multi-culture community that provides a very unique experience for both western and

ISTOCK

Asian seniors," says Su. "They can learn to celebrate and appreciate both cultures." The staff speaks English, Cantonese and Mandarin. Clover Living will still provide language support, include both western and Chinese cuisine on the menu and organize cross-cultural activities to give residents more choices and opportunities to learn.

It also encourages their 90 residents to get involved in the world outside the buildings they call home. "We believe in empowering and supporting our seniors to continue to contribute in the greater community," says Su. "This has proven to give them a great sense of pride and enjoyment."

As part of encouraging seniors to live their lives independently and to the fullest, Clover Living creates opportunities and events to engage family members. "It is our goal to promote total wellness, joyful experiences, community development, family bonding and greater community engagement," she says.

Most of the people who live in Clover Living's buildings near the Calgary Chinese United Church are over 55. But there are 35 suites reserved for independent adults of any age. Clover Living is a smoke free, alcohol free, pet free and quiet. There is 24/7 front desk, security and emergency response, on-site dining, housekeeping, laundry, resident support services, wellness and recreational services, chapel service and a beauty salon.

"We care about the seniors like they are our close family members," says Su. "We strive to support them to live healthy, independent, stress-free, joyful and meaningful lives."

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metro SPORTS

Cub Jason Heyward was forced to climb the outfield fence as a swarm of bees invaded Sunday's Chicago-Seattle game

No consolation for Carey

CURLING

Bronze medal battle brings only heartache for Canadians

Canadian third Amy Nixon couldn't stop the tears, let alone hide her disappointment.

Russia's Anna Sidorova edged Canada's Chelsea Carey 9-8 to capture the bronze medal Sunday at the women's curling world championship. The loss effectively puts Carey's Calgary-based rink of Nixon, lead Laine Peters and second Jocelyn Peterman back to square one for Olympic qualifying.

Nixon, who won bronze at the 2006 Turin Games, was heartbroken after watching an Olympic qualifying berth slip through her fingers.

"I'm not going to lie, I'm gutted. I'm gutted," said Nixon as tears streamed down her face. "One of the hardest losses of my career, personally.

"It happens and it's just a sport but right now? That hurt. That's hurting."

Canada's Olympic trials for the 2018 Winter Games in Pyeongchang, South Korea, will have the top nine teams from each gender enter into a standard curling tournament starting Dec. 2, 2017 in Ottawa. One way for a women's team to guarantee an invitation is to win the Scotties Tournament of Hearts - which Carey's rink did Feb. 28 - but that invitation is conditional on winning a medal at the following world championships.

Chelsea Carey, left, is consoled by teammate Laine Peters after losing the bronze medal game. JONATHAN HAYWARD/THE CANADIAN PRESS

"The work that goes into getting this far and knowing it took me 10 years to get back in this situation," said Nixon, pausing to kiss her two-year-old daughter, Kali, who was trying to wipe away her mother's tears. "It's exhausting, mentally, for me to even imagine getting back, honestly.

"I just feel like this was maybe my chance."

Switzerland's Binia Feltscher defeated Japan's Satsuki Fujisawa 9-6 in the gold-medal final Sunday. The Swiss have won three consecutive world titles, the first country to accomplish the feat since Canada won four straight between 1984 and 1987.

"We really can't believe it," said Swiss third Irene Schori. "We are so excited. It's wonderful, it's great."

Despite the loss it was a successful inaugural season for the Carey rink. She joined the team as skip after two-time Canadian champion Heather Nedohin stepped away to devote more time to her family.

> **It's exhausting, mentally, for me to even imagine getting back. I feel like this was ... my chance.**
> Amy Nixon, Canadian third

With Carey at the helm, the squad rolled through the Alberta playdowns then captured the Scotties Tournament of Hearts to become national champions.

"For me, my first worlds, I certainly learned a lot," said Carey, who will play as Canada at next year's Scotties Tournament of Hearts. "I feel like just having the experience would certainly help me if I were lucky enough to get back to a world championship."

Sidorova opened with a deuce in the first end, but Carey replied with two in the second. Russia was held to a single in the third after a measuring stick found Canada's rock was closer than Sidorova's second stone. Another measure in the fourth gave Russia one and a 4-2 lead.

Holding hammer in the sixth, Carey scored a deuce to pull to within 5-4. Carey took a 6-5 lead on a steal of two in the seventh. But a well-placed tap in the eighth scored Russia three for an 8-6 lead.

It marked the third meeting between the two rinks at the tournament, with Sidorova winning in the round robin as well as the 3-4 Page playoff.

"They made a lot of shots," said Carey. "But we just had opportunities and couldn't take advantage of them in all of those games. We had chances and just couldn't capitalize on them." THE CANADIAN PRESS

IN BRIEF

Crosby comes up with winner for red-hot Pens

Sidney Crosby scored on a deflection at 4:30 of overtime and the surging Pittsburgh Penguins beat the New York Rangers 3-2 Sunday night in a potential first-round playoff preview.

Matt Cullen and Phil Kessel also scored for the Penguins, who have won eight of nine. Marc-Andre Fleury made 25 saves.

Elsewhere on Sunday night Victor Rask scored twice for the first multi-goal game of his career, and the Carolina Hurricanes beat the New Jersey Devils 3-2.

THE ASSOCIATED PRESS

Stunner for young guns

Marco Bustos's second-half goal proved to be the winner as Canada's under-20 men's soccer team stunned hosts England 2-1 in an exhibition game Sunday. Kadin Chung opened the scoring for Canada just 14 minutes into the first half.

THE CANADIAN PRESS

Djokovic survives a spill

Novak Djokovic took a nasty spill during a tight first set but then pulled away and beat Joao Sousa 6-4, 6-1 Sunday in the third round at the Miami Open. Djokovic slipped and fell on his left side behind the baseline as he hit a running forehand into the net to lose serve, making the score 4-all. But he rose unhurt and soon took charge of the match.

THE ASSOCIATED PRESS

NHL

Ladd does it again to kill off Canucks

Andrew Ladd scored the game-winning goal with just over two minutes to play in the third period to help the Chicago Blackhawks to a 3-2 win over the Vancouver Canucks.

Jonathan Toews stickhandled into the Canucks zone before dropping a pass in the high slot to Ladd, who hammered home a one-timer for his 23rd goal of the season.

Ladd was coming off a three-point night against Calgary on Saturday in which he scored two goals and added an assist.

SUNDAY in Vancouver

3	2
BLACKHAWKS	CANUCKS

With the win, the defending-champions officially clinched a playoff spot for the eighth straight year. THE ASSOCIATED PRESS

ROWING THAT SINKING FEELING The Cambridge women's crew, including Calgary's Ashton Brown, struggle to stay afloat after taking on a lot of water in the annual Boat Race on the Thames in London Sunday. Fellow Canadian Emma Lukasiewicz helped Oxford triumph. RICHARD HEATHCOTE/GETTY IMAGES

NBA

Thompson's latest 40 spurs Warriors

Klay Thompson scored 40 points in consecutive games for the first time in his career, Draymond Green posted his franchise-best 12th triple-double and the Golden State Warriors beat the Philadelphia 76ers 117-105 on Sunday night.

Stephen Curry had 20 points and eight assists and Green contributed 13 points, 11 rebounds and 11 assists as Golden State (66-7) stayed a game ahead of the pace set by the 1995-96 Bulls' during their record 72-win season. Chicago was 65-8 through 73 games.

Backup big man Marreese Speights added 17 points and seven rebounds in the Warriors' 53rd straight regular-season victory at Oracle Arena.

Meanwhile Paul George 25 points and the Indiana Pacers overcame 34 points from James Harden to beat the Houston Rockets 104-101.

THE ASSOCIATED PRESS

Canada looking to copy their Olympic blueprint

HOCKEY

Women eager to now mirror dominance of U.S. at worlds

The Canadian women's hockey team has beaten the U.S. for gold in four straight Olympic Games. Why can't they do the same at world championships lately?

"That's a good question. We've got a week to figure out how," Canadian forward Hayley Wickenheiser said.

The U.S. downed Canada to win five of the last six world titles, so they are subject to the reverse question. Why world titles and not Olympic gold?

"We get that question a lot to be honest," U.S. captain Meghan Duggan said. "You look at the last handful of world championships. I think we've won the last five out of six and we all know how the Olympics have gone."

Canada goaltender Emerance Maschmeyer stops Sweden's Olivia Carlsson in the first period of a pre-tournament tune-up game in Kamloops Saturday. RYAN REMIORZ/THE CANADIAN PRESS

The North American rivals open the 2016 women's world championship Monday against each other in a preliminary-round game in Kamloops, B.C.

While Finland, Russia and Switzerland have closed the gap somewhat on the frontrunners in women's international hockey, odds are on Canada and the U.S. meeting again for gold April 4 for a 17th time. Sweden, Japan and the Czech Republic round out the field.

After winning the first eight women's world championships, Canada has won just twice - in 2007 and 2012 - over the last eight.

"I don't think there's a reason why we've won Olympics and not worlds," Wickenheiser said. "I have no answer for that.

"These tournaments come down to one game. It's performance on demand. It comes down to bringing your best game when it matters the most, consistency and rising to the occasion. I do believe our team has the ability to rise to the occasion."

The U.S. is a quicker team than Canada and boasts a superior power play with a 30 per cent success rate. They scored three power-play goals en route to gold in last year's championship game.

In an Olympic year, Canada plays a full schedule of games against males in the Alberta midget triple-A league, which makes them more battle-ready for that Olympic final.

> **"We're a team capable of playing fast, of controlling the game."**
> Canada women's coach Laura Schuler

Canada is a more seasoned group than a year ago in Malmo, where 10 players made their championship debut.

Seven of them are in the lineup again in Kamloops, but the return of forwards Wickenheiser and Meghan Agosta, defenceman Meaghan Mikkelson and goaltender Charline Labonte injects extra big-game experience into this year's squad.

THE CANADIAN PRESS

IN BRIEF

Day back on top of world

Jason Day made his return to No. 1 in the world even sweeter Sunday by winning the Dell Match Play.

Day outlasted Rory McIlroy in an epic battle in the semifinals before dominating the championship match against Louis Oosthuizen.

It was the largest margin in the championship match since Tiger Woods beat Stewart Cink, 8 and 7, in 2008 at Dove Mountain in a 36-hole match.

THE ASSOCIATED PRESS

Hutchison's lucky escape

Blue Jays pitcher Drew Hutchison escaped injury Sunday when he was struck in the back of the head by catcher A.J. Jimenez's throw to second base on an attempted stolen base during the fifth inning of a 7-3 victory over the Tampa Bay Rays.

The Toronto right-hander later described the scary moment as just "one of those weird things that happened."

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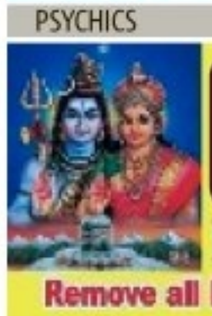

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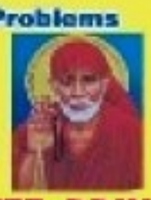

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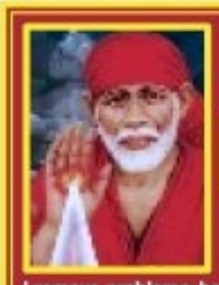

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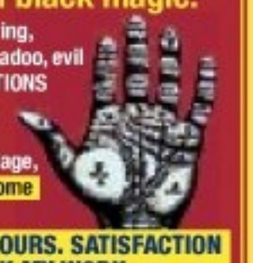

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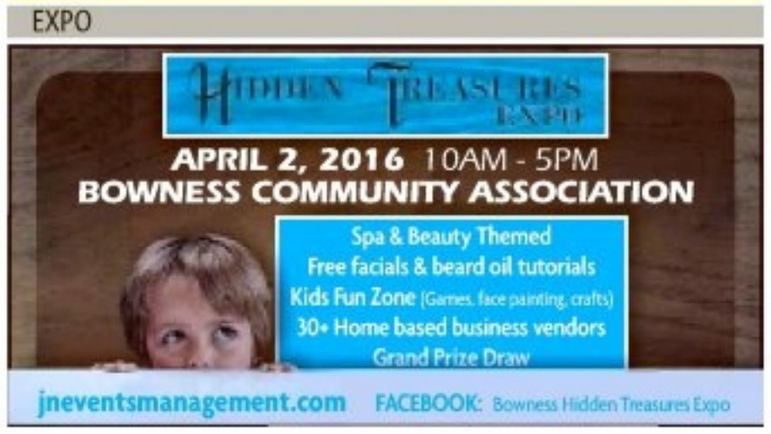

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

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Ready in
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Cook time: 15 minutes

Ingredients
- 2 cups spelt flour
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- 1 tsp baking soda
- 1 Tbsp cinnamon
- 1/4 tsp grated nutmeg
- 1/4 tsp salt
- 1 cup buttermilk
- 1 cup milk
- 1 egg
- 1 tsp vanilla extract
- butter for pan
- Filling: Nutella, sliced fruit like bananas, strawberries, apples, Greek yogurt, honey, syrup, peanut butter, almonds, walnuts, coconut, etc.

Directions

1. In a large bowl, whisk flour, baking powder, soda, cinnamon, nutmeg and salt. In a medium size bowl, whisk milk, butter milk, egg, and vanilla extract. Combine wet ingredients into flour mixture and stir until just combined. Let rest in refrigerator.

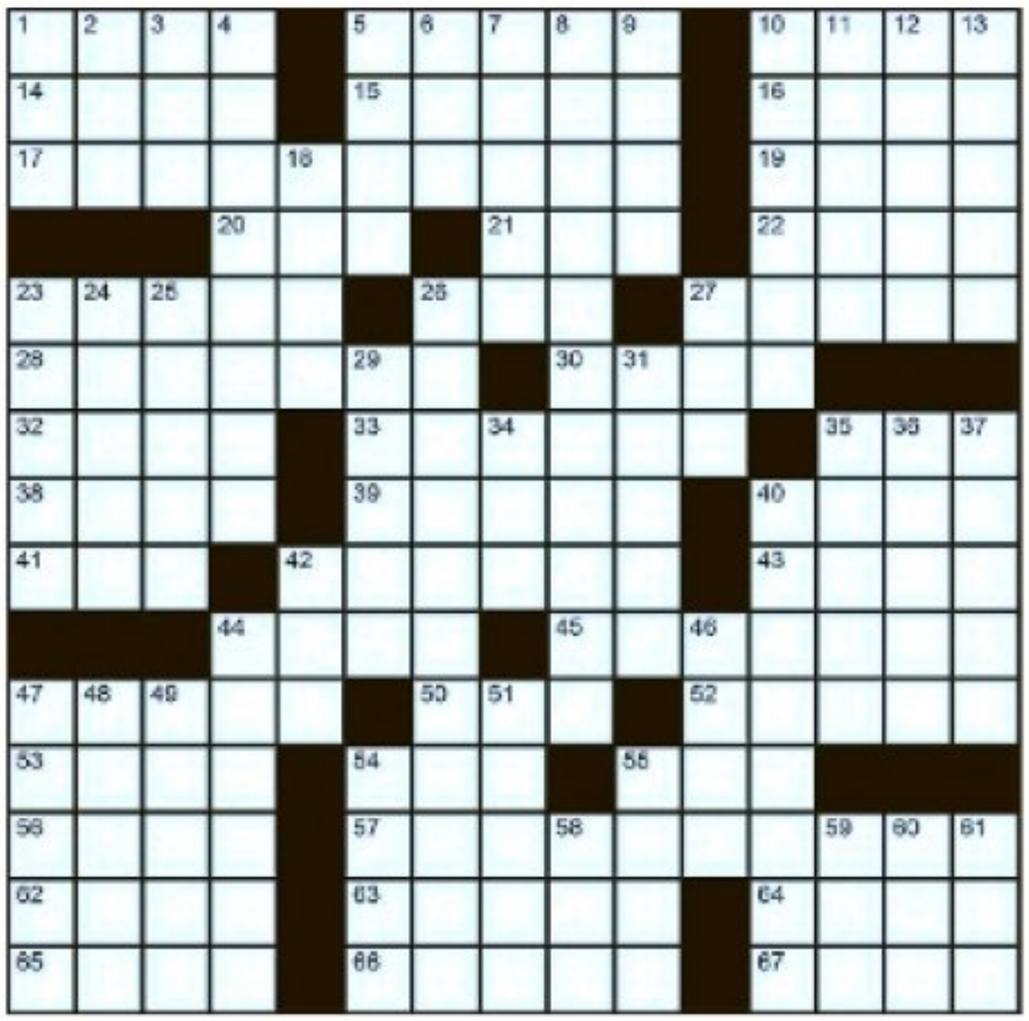
2. Place a large skillet over medium heat and allow to warm. Remove batter from the refrigerator. Add a tablespoon of butter to skillet and let melt. Working in batches, ladle batter into skillet and cook until bubbles appear on surface. Flip and cook another minute or two. Remove from skillet. Repeat until you've used all the batter.

3. Place pancakes and fillings on the table and allow people to build their own.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Yesterday: French
5. Choreography components
10. Gilda Radner character, __ Wawa
14. Ancient outfit
15. The Vatican's governing body
16. Mongolia's capital, __ Bator
17. The __ Saddledome
19. Take a chance
20. Philosophy
21. __-hee! (Haha!)
22. Dog's wagger
23. Thread holder
26. "__ Air" (1997)
27. Search party in a Western
28. Mutant in "X-Men: Days of Future Past" (2014)
30. Tiger Woods' ex-wife
32. Nautical side
33. Actress Kirstie, and surnamesakes
35. Decline
38. Do some gardening
39. West Yorkshire city in England
40. "__ be okay."
41. Li'l time segments
42. Grapefruit-like fruit
43. Illusionist, archaically
44. Soaps actress Ms. Sofer
45. __ Fields (Heavenly abode in Greek mythology)
47. Mumbai's country
50. Headshakes meanings
52. Property measures
53. "Disco Duck" singer Rick
54. Reverend Scott's portrayer in "The Poseidon Adventure" (1972) ...his initials-sharers
55. Forensic 'fingerprint'
56. Eagle of the sea, variantly
57. Directed backwards
62. Hertz competitor
63. Space stranger
64. Organic compound
65. Tick-borne sickness, __ Disease
66. Skate part
67. Faux-hued hair

DOWN
1. Elevs.
2. Winter/Summer games org.
3. __ trip
4. Like short-in-supply food
5. Swindle
6. Cause supporter, __-thumper
7. Greek Myth: Muse of love poetry
8. Some of the 'leaves' in a coniferous forest: 2 wds.
9. Interest
10. Music Hall of Fame inductee Mr. Cummings
11. Handle
12. Underlying component
13. Summery jewellery, __ bracelet
18. __ of Wight (1970 rock festival)
23. Chart-topper in music
24. Less blushful
25. Moulding styles
26. "'2 Heads" singer from Thunder Bay: 2 wds.
27. Sleuths, e.g.
29. Bird's prey clasper
31. Disinfecting product
34. Kathie Gifford connector
35. Flight segment
36. Pond buildup
37. Valley varieties
40. Song by #10-Down that goes "Never been much on religion...": 2 wds.
42. __ coat
44. Where #17-Across is located in Calgary, 555 Saddledome ___
46. Dr. Cristina __ (Sandra Oh's role from "Grey's Anatomy")
47. Best
48. Brash
49. Jeans material
51. Ancient seaport of Rome
54. Seize
55. Finished
58. Popular lipstick colour
59. "Pick a card, __ card..."
60. Jane or John
61. Yore

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid controversial subjects today, because people are quick to anger. Furthermore, not only are people hot tempered, they are blind to logic and reason.

Taurus April 21 - May 21
This is a poor day to discuss how to share something, because people are intense. However, if you really have to fight for your best interests, it might work; you will be courageous!

Gemini May 22 - June 21
Don't make a big deal out of things with partners and close friends today, because matters quickly can get out of hand. Wear water wings, and stay in the shallow end of the pool.

Cancer June 22 - July 23
You have lots of energy to work today. The only downside is that you might be demanding of others. Just take it easy.

Leo July 24 - Aug. 23
This is a powerful day for those of you who are involved in sports. However, regarding other matters, you might be coming on too strong. Be gentle with children and romantic partners.

Virgo Aug. 24 - Sept. 23
You can use your energy today to move furniture and make improvements and renovations to your home. Do your best to avoid family arguments.

Libra Sept. 24 - Oct. 23
You are powerful and forceful today! Because you are persuasive, people will listen to you. Nevertheless, don't be overbearing.

Scorpio Oct. 24 - Nov. 22
Be careful when shopping today, because you might be overruled by your strong feelings instead of your good common sense. There's a difference between a want and a need.

Sagittarius Nov. 23 - Dec. 21
This is a powerful day for you, because the Moon is in your sign, lined up with fiery Mars. This makes you courageous, but also inclined to argue! Stay chill.

Capricorn Dec. 22 - Jan. 20
You can pull some strings from behind the scenes today because you have influence. One area that is a strong focus now is your home and family.

Aquarius Jan. 21 - Feb. 19
Avoid confrontations with a female companion, especially in a group, today. Things could quickly get out of hand. Keep your head down and your powder dry.

Pisces
Feb. 20 - March 20
Discussions with authority figures might be too intense today. Be polite — the power of courtesy can never be underestimated. Don't go looking for trouble.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4	3				6	5	
1			7		4			3
8			3					1
3			6					7
	7	6				1	3	
2			5					8
4			8					6
9			1		7			2
	8	7				3	1	

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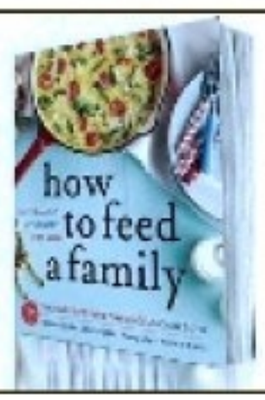
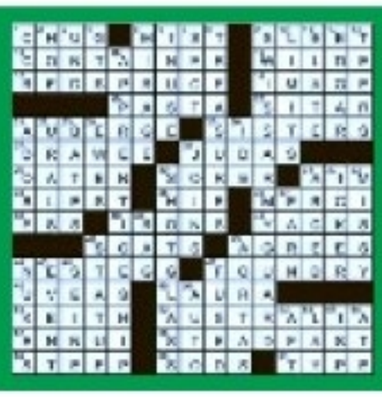


YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	2	7	8	6	5	9	4	3
6	5	9	2	4	3	1	8	7
8	4	3	9	1	7	6	5	2
2	6	1	3	7	4	8	9	5
7	8	4	5	2	9	3	6	1
3	9	5	6	8	1	7	2	4
4	1	8	7	5	6	2	3	9
5	3	2	1	9	8	4	7	6
9	7	6	4	3	2	5	1	8

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